

HarlowStar

THURSDAY, JANUARY 24, 2019

LOCAL NEWS ALL DAY EVERY DAY ESSEXLIVE.NEWS/HARLOW

50p Where sold

Husband died in fight over 'debt of £20'



COURT HEARS THAT 'GORGEOUS'
NEWLYWED SUFFERED SERIOUS
INJURY OUTSIDE PUB **PAGES 4&5**



DOTING GRANDAD
DIES IN CRASH

PAGE 7



A TASTY
ALTERNATIVE

PAGE 10

Robert Halfon's Sponsored Swim
WORKING HARD FOR HARLOW

Robert will swim 110 lengths to raise money for Princess Alexandra Hospital. Please donate to support your hospital: www.justgiving.com/fundraising/halfon4harlow

The Princess Alexandra Hospital

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THE CHORDS UK ARE COMING PAGE 30

PICK UP POINTS

- Harvey Centre, Harlow (management suite)
- Mulberry Green Estate, Station Road, Old Harlow
- Genesis, 3 High Street, Old Harlow
- Kings, Unit 4, Church Langley Way, Harlow
- Kings, 19 East Gate, Harlow
- Geoffrey Matthews, 47 High Street, Old Harlow
- Guardian, Post Office Walk, Harlow
- Haart, 4 West Gate, Harlow
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What's ON

NEAR YOU THIS WEEK

MUSIC, THEATRE, COMEDY... AND MORE

70s stars Showaddywaddy visit Hertford Theatre this weekend

STILL GOING STRONG

SHOWADDYWADDY IN CONCERT: Hertford Theatre, The Wash, Hertford Saturday, January 26, 7.45pm

■ Formed in the 1970s in Leicester from several local bands, Showaddywaddy have sold more than 20 million records and have toured all corners of the world extensively.

Their live show is dynamic and uplifting featuring all of their biggest hits, many of which reached number one in the pop charts of Europe.

Tickets £26. For more details visit: www.hertfordtheatre.com

into a Molière classic in this mockery of manners and morals set amid 17th century French aristocracy and written in verse.

Tickets from £11. For more details visit: www.cops.org.uk

STRIKING A CHORD

THE CHORDS UK, PLUS THE HURRICANES AND DJ EDDIE PILLER: Phoenix Live, Harlow CM20 1JP, Saturday, January 26, 8pm

■ The Chords UK - led by original Chords guitarist/songwriter Chris Pope - recently received a four out of five review for new album Nowhere Land in Vive Le Rock magazine.

They have previously played in Harlow at The Square and at a scooter rally as part of the town's 70th anniversary celebrations.

Expect mod revival anthems Maybe Tomorrow, the British Way Of Life and more plus new tracks and everything in between at this intimate gig.

Advance tickets priced £7 from www.wegottickets.com/blackwax

Playhouse director, have screened many audition tapes and are pleased to announce that the following acts have been chosen to perform: Anita Shultschick, Anwaar Belly Dancers, Brooke Turnstill, Ciaran Gillingham, CM Singers, Double Up Your Spirits, Harlow Ballet, Harlow Chorus, Harlow Marching Squadron, Harlow Steel Band, Hip Pop Pop, James Miller, Kim Rogers, Lauren Simister, Makin Steps, Nathan Stickley, PAH Choir, Paul Bormond, and Razed Roof.

Profits from the evening will go towards her two chosen charities, Streets2Homes and Dolphin Children's Ward at Princess Alexandra Hospital.

Tickets £15. For more details visit: www.harlowplayhouse.co.uk/

TIMELESS BEAUTY

THE ENGLISH CONCERT: Saffron Hall, Audley End Road, Saffron Walden, Saturday, January 26, 7.30pm

■ The high baroque era was an age of limitless musical possibilities - of brilliant innovations, virtuoso reworks, and music of electrifying theatricality and grandeur.

Harry Bicket and The English Concert celebrate all that splendour in a concert that embraces the London stage, the glitter of 18th century Venice and the timeless beauty of Johann Sebastian Bach including the orchestral arrangement of his famous Air on a G String.

Tickets from £14. For more details visit: www.saffronhall.com

CRUSADE AGAINST FAKERY

THE MISANTHROPE: The Little Theatre, Hertford, Friday, January 25 until Saturday, February 2, 8pm

■ Disgusted with French society where powdered fops gossip in code and bejewelled coquettes whisper behind fans, poet Alceste embarks on a one-man crusade against fakery, frippery and forked tongues.

But could the woman he adores be the worst culprit of them all? And in this rarefied world will his revolution prove merely revolting?

Considered by many to be Molière's best work, The Misanthrope was first performed in 1666 in Paris by the King's Players. Following the huge successes of Tartuffe and The Hypochondriac master wordsmith Roger McGough once again dips his quill

HARLOW'S GOT TALENT

CELEBRATE HARLOW: Harlow Playhouse, Playhouse Square, Wednesday, January 30, 7pm

■ The chair of Harlow Council, Councillor Maggie Hulcoop, has requested that a talent show is performed to showcase the incredible talent of Harlow.

Maggie and her team, in conjunction with the



The Misanthrope is showing at the Little Theatre in Hertford

Developer's plan to add to 1,000 homes 'appalling'



AMENDMENT GOES 'OVER AND ABOVE' AGREED LIMIT

By JAMES GREGORY

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@jgregorynews

A COUNCILLOR has said he is "appalled" by the conduct of a group of developers after they submitted a controversial application to increase the size of a 1,000-home project.

The plans, put forward by Persimmon Homes in conjunction with Barratt North Thomas and Taylor Wimpey, were given the go-ahead at a council meeting last Wednesday.

It means they can now push forward in building 592 dwellings - 143 more than was previously agreed.

The overall development will consist of 1,054 homes - construction has already started on 462 dwellings to the south of what is known as Linear Park.

In a bid to the development management committee, Councillor Joel Charles, who represents Old Harlow ward, urged members to reject the proposals because it went over and

above what was agreed at a reserved matters hearing.

Speaking at the meeting, Cllr Charles said: "I am appalled by this planning application and I am appalled by the conduct of the developers who showed no courtesy to Old Harlow councillors originally when they proposed this amendment to the planning application and have singularly failed to contact me and my colleagues during this process.

"It is an utter disgrace and they should be ashamed of themselves given the controversial nature of this planning application."

Cllr Charles also pointed to the new builds as being "out of character" with the area's other houses and developments.

The scheme was recommended for approval by the planning officer because it would "provide significant additional benefits for relatively limited changes to the approved scheme,

including the provision of 43 additional affordable units.

"The scheme will also provide uplifted contributions towards education provision, libraries and healthcare," added the council report.

It has been met with criticism from residents, who feel that this is an over-development of the site and would pose a greater strain on infrastructure.

Despite several representations at the meeting the scheme was passed.

The land on which the new homes will be built. Councillor Joel Charles (inset) wants the development to be rejected



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News

The final edition

IT is with great sadness that we announce that next week's edition of the Harlow Star will be the last.

Closing a newspaper is never an easy decision and one that we never take lightly.

We have implemented many initiatives to secure a profitable future for this newspaper but have, unfortunately, come to the end of the road.

We recognise it will be missed by our loyal readers and advertisers

and we thank you all wholeheartedly for your support.

The edition of January 31, 2019, will therefore be the final edition of the Harlow Star.

We would like to take this opportunity to thank you for all your support of this title over the years.

However please be assured that you can still get news from where you live on our website at www.essexlive.news

£20 debt 'led to newlywed husband being killed in fight outside pub'

By ALASDAIR HOOPER

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A "GORGEOUS" husband died after being punched in a fight over a £20 debt, a court heard.

Andrew Watt, 48, from Harlow, suffered a traumatic head injury after an altercation outside the Poplar Kitten pub in Tawneys Road, Bush Fair, Harlow.

The incident took place at around 10.40pm on August 17, 2017 and saw police rush to the scene after receiving reports of an assault.

Mr Watt was airlifted to Addenbrooke's Hospital following the incident but died the next day.

Anton Collins, 26, and Jack Jordan, 24, have been charged with the manslaughter of Mr Watt and came before Chelmsford Crown Court for the start of their trial on Monday (January 21).

Collins also faces a second charge of causing actual bodily harm.

During prosecutor Andrew Jackson's opening speech, the court heard that the origins of the devastating event supposedly came about as one of Mr Watt's friends owed Collins'

COURT HEARS HOW 48-YEAR-OLD SUFFERED A SERIOUS HEAD INJURY

father, Chris, £20.

Addressing the jury, Mr Jackson said: "The pub where these events took place is called The Poplar Kitten, in Bush Fair in Tawneys Road, Bush Fair, Harlow."

"Andrew Watt - the man who lost his life - was a Harlow man and he would often go to that pub with his friends after work."

"The defendant Anton Collins was also often to be seen in that pub as was his father."

"The defendant, Jack Jordan, does not seem to have been quite so much a regular as the others."

"A number of witnesses didn't know him whereas they knew Anton Collins."

Mr Jackson took the jurors through the day in question - August 17, 2017 - and the £20 that allegedly led to the fight that evening.

"Andrew Watt and a group of his friends went to the pub for a drink [that night]," the barrister said.

"They had all been working that day in Wimbledon in South London."

Chelmsford Crown Court, where the trial is taking place
 EDWARD STARR

"His friend - Andrew Stephen - had borrowed a small amount of money from the father of Anton Collins."

"Chris Collins - his father - was also in the pub that night."

"Mr Stephen owed that small amount of money and it seems to have rather angered Anton."

He continued: "The first witness [in this trial] will be Mr Watt's friend Mr Stephen, the man that borrowed £20 from Anton Collins' father."

"He will tell you how they had been working that day in London, had gone back to Harlow and went to the Poplar Kitten."

"He will tell you he saw Anton Collins in the pub with another man who he didn't recognise."

"Plainly that must have been Jack Jordan."

"Anton Collins kept asking for cigarettes."

"All of them seemed to remain in the pub that night except for one of Mr Watt's friends who left earlier."

"By 10pm it seemed the defendants were intent on picking a fight with Mr Watt and his friends."

The jury were told by Mr Jackson that as the night went on, the two defendants made moves to fight both Mr Watt and Mr Stephen.

"Mr Watt and his friends were in one of the smoking huts and

By 10pm it seemed the defendants were intent on picking a fight with Mr Watt and his friends
 Andrew Jackson

Anton Collins' father was sitting between Mr Watt and Mr Stephen," Mr Jackson said.

"Another witness - Ian Blake - says Mr Collins' father was trying to wind up Mr Watt and his friends."

"As he was doing that the defendants were standing at the entrance baiting Mr Watt and Mr Stephen."

"Anton Collins went over to say that's my dad - Mr Blake knew that."

"That's my dad" was a bit of a warning to treat carefully.

"Mr Blake then went back to the smoking hut and the defendants, by now, were asking Mr Watt and Mr Stephen to fight them."

"Neither of them wanted to and neither reacted, save for Mr Watt asking both of them why they were looking at him."

After describing the build-up, Mr Jackson then took the jury through the incident itself where Collins allegedly told Mr Watt to "shut up you little woman or I will kick you around the car park".

The prosecutor added: "Mr Watt stood up and Jack Jordan tried to take this further."

"He slapped him across

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News

Police appeal after homes are burgled



Police have launched an appeal

POLICE are appealing for witnesses following two distraction burglaries in Harlow.

The incidents took place at addresses in Primrose Field and Harberts Road between 2pm and 3pm on Friday, January 18.

On each occasion, either one or two men would claim to be doing work on the water supply and that they needed to either change the pressure or turn the water to the premises off.

The men have been described as white, in their 20s, and wearing dark clothing with high visibility stripes.

Each time, after the men left, the victims realised money had been taken.

Police are asking anyone who recognises the descriptions of these men, or who may have seen them knocking on their doors in the area, to get in touch.

Anyone with CCTV footage is also asked to contact police.

People with information are asked to call 101 quoting crime reference numbers 42/9759/19 or 42/9859/19 or contact Crimestoppers anonymously on 0800 555 111.



Andrew Watt died following the incident outside the pub



The Poplar Kitten pub in Harlow

the face.

"He then said, 'I am going to bury you, you c***'."

There then came a point when Mr Collins allegedly got in front of Mr Watt outside of pub.

"Two members of staff tried to get between them," said Mr Jackson.

"Mr Stephen tried to go and help his friend but Anton Collins dispatched him with one punch causing injury to his nose.

"That's the second charge [against Collins].

"Anton Collins then turned his attention back to Mr Watt with both of the defendants punching Mr Watt.

"The final punch appears to have been a rather heavy blow to Mr Watt's temple area."

The prosecutor explained to the jury that the 48-year-old was unconscious before he hit the ground, suffering the traumatic injuries that eventually led to his death.

Mr Watt was subsequently air-lifted to Addenbrooke's hospital but the decision was soon made to turn off his life support machine.

He died at 2.15pm on August 18.

"As one of the eyewitnesses put it, he was poleaxed," Mr Jackson said.

"Mr Watt never regained consciousness."

In the aftermath of Mr Watt's death, his wife, Sarah, spoke publicly about the tragedy of los-

ing her husband, who she had only been married to for eight weeks.

She said: "Tragically my best friend and gorgeous husband was taken away from me.

"We had only been married for eight weeks.

"Our wedding day was the most amazing day of our lives. He was the love of my life.

"Andy was the most infectious person I have ever known. He was loving, caring, funny, and a fantastic friend, brother, nephew and son.

"His friends and family are devastated, as am I, and we are going to miss him dearly."

The charges-Both Anton Collins and Jack Jordan are charged with manslaughter - both have pleaded not guilty.

Collins also faces one charge of causing actual bodily harm, which he also denies.

The trial at Chelmsford Crown Court is expected to last for five weeks and continued on Tuesday.



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News

The Stansted Express service has seen a rise in the number of passengers fined
SAM MUKADAM



It's not fare! Call to extend Oyster scheme to airport



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NUMBER OF STANSTED EXPRESS USERS CAUGHT WITH NO TICKET RISES BY 16K

By PIERS MEYLER

Local democracy reporter
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@meyler123

THE number of people being hit with fines to and from Stansted Airport and London has increased by 16,000 in two years - increasing further pressure on the Government to extend Oyster cards to the Essex airport.

London Travelwatch, which released the figures, says passengers are mistakenly believing payments with Oyster and contactless cards are valid because the destination is badged as London Stansted.

It says the figures proved that Oyster and contactless payments should be extended to Stansted, one of just a few that has seen an increase in the number of public transport journeys.

Their demand follows on from the Mayor of London Sadiq Khan who has also called on the Government to extend the scheme from London Liverpool Street and Stratford to all stations to the airport, especially given it is less than two years until London hosts the semi-finals and finals of Euro 2020.

Currently Greater Anglia, which runs the lines to Stansted Airport through Bishop's Stortford and Sawbridgeworth, as well as separate services to Hertford East, Cambridge and Essex, only has Oyster Card use up to Hertford East and Broxbourne.

Tim Bellenger, from London Travelwatch said: "Going up to 16,000 a year from virtually nothing in two years is a very large increase and it just shows how people, travelling to and from what is termed London Stansted,

would generally expect the London ticketing and fare system to apply to an airport named with London as a prefix.

"It is particularly important given that Stansted is one of the only airports that has managed to increase the public transport proportion of journeys between 2012 and 2016. Those 16,000 people is an awful lot of people travelling by train who don't realise that an Oyster or contactless bankcard isn't valid for that journey."

Although passengers can tap on to a Stansted Express train at Liverpool Street, they must exit at Broxbourne or before if they are to avoid a penalty.

Stansted Express advertises advance tickets for as little as £7 - but those who cannot produce a valid ticket for inspection when required have to pay a minimum £20 penalty fare.

Mr Bellenger added: "They think it's a London airport and therefore think an Oyster is valid."

"You can use Oyster to Gatwick and Heathrow on Piccadilly or TfL rail. Being levied with a fine at Stansted is not terribly good if you are visitor from overseas."

"What we'd like them to do is extend Oyster and contactless to Stansted. They've managed to do it for Gatwick. Technically it's feasible but it does require DfT to agree it. Extending Oyster would be the obvious think to do to avoid these people being fined."

Stansted Airport recorded its busiest ever year as it welcomed over 28 million passengers in 2018, an increase of 2.1 million passengers and 8.1 per cent over the previous 12 months. It believes it will see around 43 million passengers

per year by 2028.

A Greater Anglia spokesperson said: "We want all customers to have a positive experience when travelling with us. We are always looking for new ways to improve their journeys and will consider their feedback relating to the use of Oyster and contactless on other areas of our network."

The call to roll out the scheme to Stansted was made by the deputy mayor for London, Heidi Alexander who wrote to the Minister of State for the Department for Transport (DfT) Jo Johnson in October last year.

She wrote: "Given the success of contactless payment at Gatwick, and right across the London transport network, both the Mayor and I believe it is time that these same benefits are extended to those travelling to and from London from Luton Airport, Stansted Airport and Southend Airport."

"This would be especially important in time for Euro 2020, but equally it would benefit the thousands of passengers who use these airports every day. This includes not just tourists, but business and investors. Introducing greater flexibility and convenience would be a strong signal too that London is open for business, in a post-Brexit Britain."

A DfT spokesperson said: "We are committed to extending pay-as-you-go across the rail network, and are working with TfL to explore these proposals. We have already committed £80 million of investment to secure smart ticketing across all of the rail network, and will soon consult for views on how pay-as-you-go could be extended across the South East."



Steve Lord
died after
a crash on
the M11

Tributes paid to 'doting grandad' killed in crash

POLICE MAKE APPEAL FOR WITNESSES

By SOPHIE FINNEGAN

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POLICE have formally named the motorcyclist who died in a crash on the M11 as his family paid tribute to the "doting grandfather".

Steve Lord, 63 and from Dunmow, died after a crash involving his motorbike and a car on the southbound carriageway between Stansted and Harlow at around 5am on Wednesday last week.

The M11 was closed northbound until 2pm that afternoon while emergency services dealt with the incident.

In a statement, his wife Diane said: "Steve was a much-adored husband of 40 years, a proud father of two daughters, and a doting grandfather of two grandsons, aged three and one."

"He was a life-long motorcycle and classic car enthusiast. He had been riding and restoring motorcycles for 45 years, and had won a number of awards for restoring custom and classic cars."

"He was an active member of the Kawasaki Triples Club."

"Steve loved being surrounded by his family, especially his playful grandsons. He was aiming to retire in the coming years and planned to enjoy his free time with family, both at home and on holiday in Spain."

"He will be remembered for his warmth, his generosity, his storytelling, and his wicked sense of humour. He will be sorely missed by everyone who knew and loved him."

"We'd like to thank our friends and family for their continued support, and would like to give a special thank you to Essex Police."

"In particular, we're grateful for the hard work of the Serious Collision Investigation Unit, and the care and compassion of our family

liaison officers who have provided an invaluable service to us."

A 37 year-old man from Harlow has been arrested on suspicion of causing death by dangerous driving, failing to stop at the scene of a collision, and driving while under the influence of drink and drugs. He has been released on bail until February 11.

Police are continuing to appeal for anyone who saw, or has dash cam footage of, a blue Ford Focus and how it was being driven between Stansted Airport, the A120, the M11, and on the A414 at Harlow between 4.40am and 5.15am on January 16. If you have any information call Essex Police on 101 quoting incident 104 of January 16 or email collisionappeal@essex.pnn.police.uk.

“

He will be remembered for his warmth, his generosity, his storytelling, and his wicked sense of humour

Diane Lord

Attacker who hit victim over the head with a mug is sent to prison

A MAN has been jailed after attacking a hotel guest with a mug.

Aaron Bissmire, 30, of no fixed address, was found guilty of causing actual bodily harm (ABH) at Chelmsford Crown Court on Tuesday and was jailed for 12 months, with another year on licence.

Police were called to the Oasis Hotel on Hart Road, Harlow, just after 12.30am on August 18 last year after Bissmire forced entry into the room of a 35-year-old man staying



at the hotel.

He then assaulted the victim by hitting him in the head with what was described as a mug.

After sentencing, investigating officer DC Joanna Snell said: "This assault resulted in the victim having to be treated in hospital for his injuries, which thankfully he is now recovered from."

"This sentence means that Bissmire is now having to deal with the consequences of his actions and will continue you to do so for the duration of this sentence."

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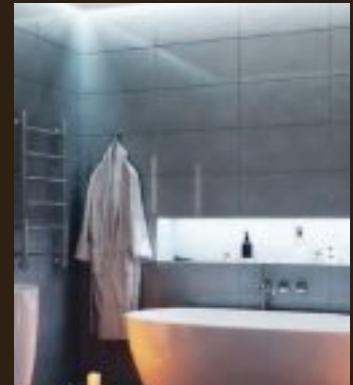
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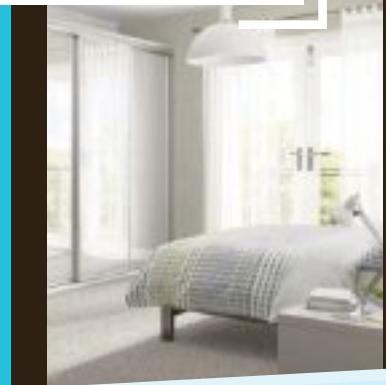
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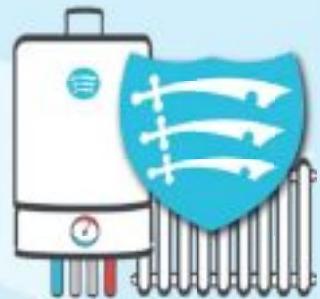
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News

Fish and chip shop launches a vegan version



A circular logo for "PUB IN THE PARK". Inside the circle, it says "PUB IN THE PARK" in large letters, "IN THE" in smaller letters between "PUB" and "PARK", and "2019 TOUR DATES" below that. At the bottom of the circle, it says "JUST RELEASED". To the left of the circle, there's a photo of a band performing on stage. To the right, there's a photo of a person holding a tray of food.

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CUSTOMER PERSUADED OWNER TO TRY IT OUT

By AARON MAYHEW

newsdesk@essexlive.news
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A HARLOW fish and chip shop has launched an "amazing" vegan night.

Luigi's Fish & Chips, on The Stow, began serving vegan fish and chips on Thursday, January 10 and say it is thanks to a determined vegan.

The owner of Luigi's, Tony Forgiore, 44, said Pam Walker guided them in the right direction and "without her help it would have been very difficult".

He added: "She was our guinea pig, so I'd like to thank her."

Pam, 53, has been vegan for two years and said: "I told the manager, John 'the way forward is do vegan fish and chips, it's massive' and jokingly said 'this time next year you'll be a millionaire'."

"I was persistent with it, I'd send him photos of vegan food in supermarkets."

"I think it shows you can make a change and a difference."

Unlike vegetarians, who only cut out meat and fish, veganism is a lifestyle that does not involve any animal produce at all with dairy

products, eggs, wool, leather and any other animal-derived food or products excluded.

Pam and the shop's manager, John, worked on the recipe with a trial and error process.

The final result was banana blossom marinated for 48 hours in seaweed, lemons, oils and paprika, then coated in a gluten free beer batter.

Tony described the launch as having "a party atmosphere" and said: "I was very surprised how many people took it up and also the good feedback we had."

"It was amazing. People were saying it was the best thing they'd eaten in eight years. I've had it and it's even made me think maybe this is the way forward."

Tony added that the vegan option will be trialled in two of his other shops.

Pam explained why she went vegan, saying: "I was travelling on the London Underground and as I looked up at the advertising there was 'Veganuary'."

"I have a passion now, there's no way I'd go back and it's a lot easier now, because it's everywhere."

Veganuary is a charity which

inspires people to try veganism for January.

Since 2014, 250,000 people in 193 countries have taken part.

Pam said: "Veganuary is a great time to do it because a lot of the chains are getting on board with it."

"Now most pizza places like Pizza Hut and Zizi's all do vegan cheese."

"It's never been easier to try it, it's in every supermarket and restaurant and now it's in the local fish and chip shop."

Dominika Piasecka, a spokesperson for the Vegan Society, said: "We're delighted to learn that Luigi's Fish and Chips sell vegan fish and chips."

"Vegan fish is cruelty-free and lower in saturated fat, as well as being an environmentally-friendly choice."

"The number of vegans in Britain has quadrupled over the last four years and it's great to see that the people of Harlow have a chance to find out what all this excitement with vegan food is about."

Luigi's was first opened in 1989 and is co-owned by the Forgiore brothers: Lib, Luigi and Tony.



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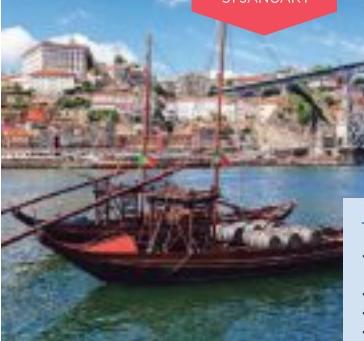
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News

Councillors to vote on pay increase

IT WOULD BE THEIR FIRST ALLOWANCE RISE SINCE 2010

By JAMES GREGORY

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@jgregorynews

COUNCILLORS will decide on whether to allocate more money for themselves as part of Harlow Council's budget shake-up.

The budget proposals outline the administration's financial plans for the coming year. There is a provision for a proposed increase of £8,000 in the overall allowances budget for councillors – almost five per cent up on last year's budget of £178,510.

Councillors are not paid a formal salary but they are afforded basic allowances to compensate them for their time spent on council business.

Cabinet members are given special responsibility allowances to cover their expenses in carrying out their extra duties. If approved at a separate full council meeting on February 7, it would be the first increase in basic councillor allowance since 2010.

The proposal from the independent remuneration panel is that the basic allowance would increase by five per cent and the special responsibility allowances by two per cent from April 1, meaning those on basic allowance would see their pay rise from £4,270 per year to £4,485.

Those in the cabinet would see an increase of £57 from the previous year.

Council leader Mark Ingall will get an allowance increase of more than £100 if it is approved. But the council says that even with these increases, allowances received by Harlow councillors will remain among the lowest of any comparable council and are significantly lower than the basic allowance of £12,000 afforded to Essex County Councillors each year.

Leader of the council Mark Ingall said: "I want to assure people that if these increases are agreed, it will not be at the expense of services."

"If we had to cut a single service or activity to fund these increases, we would not even be having the discussion."

"As it is, the increases, if agreed, will be funded out of money set aside in our budget."

and there will be no impact to residents or our staff.

"The independent panel initially recommended that councillors receive a 15 per cent increase on the basic allowance when they benchmarked Harlow's allowances against other councils; however I am very mindful of the rightful sensitivity to any increase and so I argued that the increase should be reduced to 5 per cent. Of course how council tax payers' money is spent is very important and the recommendations of the panel must be the subject of a debate in full council.

"The work of a councillor involves attending meetings and taking part in panels, meeting with and representing residents, and spending considerable time understanding the complex issues that are crucial to decisions taken by the council.

"The allowance covers costs incurred in the performance of these duties, for example travel and child care, as well as providing some remuneration for the time invested. Without councillor allowances, many people would not be able to afford to perform these tasks and we do not want a situation where only the wealthy are able to represent our residents."

There are also plans to create 11 new apprenticeships who will be paid the voluntary living wage foundation employer rate of £9 an hour.

There will be no cuts to council services such as the parks and playgrounds and paddling pools as well as the street carnival.

And the council plans to increase council tax by two per cent which works out at an extra 9p a week, or £4.84 a year, for a Band C household.



Councillor Mark Ingall, leader of Harlow Council

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Music

Residency in Las Vegas? I'm happier doing a gig at the Playhouse

MARTIN NEAL meets West End stage, chart and TV star Barbara Dickson who is looking forward to performing in Harlow in the spring

A HIGH-PROFILE residency playing to the rich and famous in the glitz and glamour of Las Vegas? Forget it – singing legend Barbara Dickson is coming to Harlow Playhouse on her next tour and she couldn't be happier.

The Scottish songstress has spent over 50 years performing and recording, with smash hit stage shows, top 20 singles and popular TV shows to her name.

She's a two-time Olivier Award-winning actress and was awarded an OBE for services to music and drama.

But as she explained to the Harlow Star ahead of her date at the Playhouse on March 5, she's certainly not one to go swanning around, living the pop star life.

"I'm coming to Harlow near the end of the tour, it's about five dates from the end of the final bit," she explained, "because we kick off on February 1.

"It's a 28-date tour this time. Last time we did 21 and I said to the promoter 'I was just getting warmed up when we had to stop' so he's put all these other dates in as well for this one."

"But it will be great. You get a momentum, there's no doubt about it, if you look after yourself, which I tend to do these days on tour."

Now 71, she's still putting a remarkable amount of energy into her shows, which feature songs from throughout her long and varied career.

"I've been doing headline concerts for over 40 years – the first one was in

1977 – and I've been a professional musician for 50 years," she said. "I've never earned a penny by any other means so I consider that quite an achievement.

"It's not all been done by me by any means, but because of the sort of person I am, I came from folk music and went in through the back door into the theatre, came out of the theatre and became a pop star, I came out of pop through the back door and starting singing an amalgamation of songs from all over the place, and that's really what I do now.

"There's some folk music, some 20th century music, a song by James Taylor, a Beatles song, traditional music from all over the British Isles, a couple of songs from the theatre.

"I keep myself occupied because I'm playing the guitar, playing the piano, I've got an Indian harmonium with me this time an I'll be jumping up and down and taking guitars over my head!"

"I'm not a woman in a long dress with an orchestra. It's a serious attempt to do what I've done for 50 years."

That back door entrance to the theatre came via her friendship with Willy Russell and ultimately led to a starring role in *Blood Brothers* in the West End and being signed to sing on the cast album recording of *Chess*, which featured the hit No 1 single *I Know Him So Well* with Elaine Paige – still the biggest selling single by a female duet.

"Willy Russell was my pal from folk music," she said, "and he

wrote a play about The Beatles.

"He had this inspired idea that I should sing the music in it, and that was what took me to the theatre in Liverpool.

"Nobody knew me because I was a jobbing folk singer. But then I ended up in London singing in Shaftesbury Avenue and everyone went 'who is this person?'

"There's no top and bottom in folk music so suddenly I found myself in a different world."

That world made her a household name with a host of acclaimed performances, a string of hit singles and 15 UK chart albums.

But she said: "From 1985 until now I haven't had a hit single but I don't really care. I've been able to carve a career for myself doing what I want to do. My goodness, that is unusual!"

"Being able to do what you want to do without being leaned on by other people to do something you really don't want to do – I've never had to go to the jungle, I've not had to do the things that other people do

because I'm not prepared to have attention at any price. I don't care about that, I'm not interested in things like that. I'd feel humiliated doing stuff like that. I'm not an old pop star, that's not what I do."

"I sing and play the guitar and I'm still looking for songs I've got a new song that I've written in the show. I'm a creative person and I'm interested in staying that way."

Barbara says her OBE, awarded in 2002, and her two Olivier Awards are special but insists: "It doesn't define me. I don't care about that."

"As long as people come along and see me play and are interested in what I'm doing and allowing me, by their interest, to make records, write and do interesting things, then I am very happy."

"I was never very happy in the West End. I liked the work and the shows but I never really enjoyed doing eight shows a week in London. I found it difficult because I'd never lived in London when I was doing that, so I was living on my own



Barbara with Willy Russell at the launch of *Blood Brothers*



Barbara Dickson is looking forward to coming to Harlow

in flat, very often separated from my family.

"I was never happy. It was a means to an end. Concerts are where I feel happier because I'm doing my own thing and I'm only doing it for a maximum of six weeks."

"I don't do world tours. My musical director does do world tours with his band Nightwish, from Finland, and he's away for months. I would never have liked to do that."

"Years ago my manager tried to get me to go and live in America. I said 'why would I want to do that?' It's not important to me. I am very different to most people – I don't have that kind of ambition."

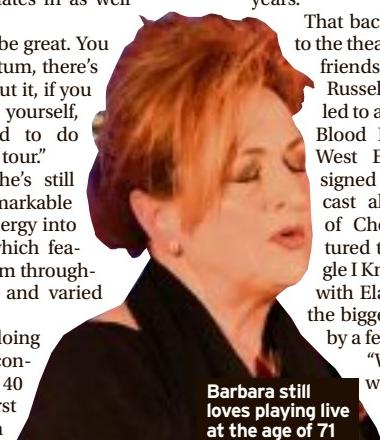
"I'm not ambitious. I wouldn't want to do a show in Las Vegas for two years. I've never wanted to do it. I would be thoroughly miserable because I'd want to be able to do something else and I wouldn't be able to do it."

"The guidance and advice of record companies and managers is OK if you want to do what they say."

"They're trying to make you a success, but I didn't want to be a success on those terms. I just wanted to make a living and be artistic and creative seriously."

"My proudest achievement is that I managed to have a family. I've got three grown-up sons and a husband, and I've only ever been married once. I'm rather pleased about that."

■ Tickets for Barbara's date at the Playhouse on Tuesday, March 5 are available from the venue box office (ring 01279 431945) and at ticketline.co.uk



Barbara still loves playing live at the age of 71

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YOUR VIEWS

LETTERS

Closure threat to scout group is an injustice

I WANTED to write to show my support for the 1st Great Parndon Scout Group. After having been threatened with closure by the district commissioner at the end of last year, I met with some of the group's leaders to hear about the reasons why they are being closed - and what I, and fellow local representatives can do to support the group in light of the devastating news, and what I felt was an absolute injustice for the parents and children, of which the group has become such an important and invaluable part of their lives. Speaking to the leaders and the parents of children who attend the 1st GP Scouts displayed to me the importance of groups like this, and the sense of community and comradeship was massively heartwarming for me to see. The group is run by dedicated and passionate people who are truly

making a difference, and for the children that go along - who have made friends and learned important life skills - you can tell how much of a positive impact it has, especially in times when other services for young people have been cut and run into the ground. Although the group has now been re-opened, the ongoing discussion with the District Commissioner is not over, and I will make sure to do everything I can to help support the 1st GP Scout Group in order for them to continue their brilliant work - for the children, the parents and the community they have created.

Councillor Shannon Jezzard
Netteswell Ward

Unfair car parking fines dished out

IN the past few weeks there have been numerous complaints from



**PHOTO
OF THE WEEK**

shoppers who despite having Asda vouchers for a parking fee discount and used them at the appropriate machine have subsequently been sent a letter informing them of a fine for non payment. This has lead to many people paying fines that they do not owe, or them risking an additional late fee charge for non payment of a fine that is incorrectly issued by the company.

It appears that shoppers are unaware of the problem until they receive the fine notice. There have been a lot of noticeable comments this past two week on Harlow Bargains page and I imagine other patrons of the Water Gardens parking space would have had similar notices.

Some people have challenged the fines and had them written off while others have not been so lucky.

One comment on HB site says that the staff are fully aware that there has been a fault with the machine yet the fine notices are still being issued.

Surely this is unfair to say the least.

C Green
Via email

Some people have challenged the fines and had them written off, others have not been so lucky

“

C Green
Via email

Your dustmen leave more rubbish in the streets than the litter louts, your drivers flick cigarettes out of HTS vans, we have cracked pavements which are dangerous, but yet you worry about a beauty spot.

We are fed up with you covering over these serious issues.

You half heartedly do a repair which needs doing again and again.

Yes it's all at our expense, why not do it properly the first time?

You have evening meetings which give you a nice big overtime pay check but it seems whatever the residents want you are not interested in and have already made your minds up on what YOU want... NOT what the people want which make those meetings pointless.

I for one am fed up!

Name and address supplied

WEBCHAT

■ Bus cuts in Harlow will 'hit the vulnerable the hardest', says Labour

Help if we had a decent bus service with buses going to train station on regular basis. If my wife and I wish to go out and take a train its either two buses from Staple Tye, one to town generally and then change and get another to the station. Alternative, which costs about £1.2 more or may not if you pay for 2nd bus, is a mini cab which takes you door to door. This town has the worse bus service around.

Craig Messenger

Simple solution here. Years ago there was the T31 night bus. Left the town station after 11 and looped the whole town. Bring that back to run at 10.30 and 11.30. Less buses less drivers but peeps can

still get about.

Julie Louise Knight Groves

The buses are every hour already on Sundays and bank holiday so why are you cutting them down?

Emily Louise Cross

■ Harlow residents slam Essex County Council after woman had 'epileptic shock' falling into a pothole

You should see the parking in that area, school run time, on the path, blocking drives.

John Cranston

Council could easily stop this with a few well placed barriers of some sort, but it's all down to money and bickering between Harlow and Essex council.

Ann Crisp

Blame the owners of the houses

What you've been talking about on Facebook this week

parking their cars on that road for the morning when you take your kids to school and have to be forced to walk in the road as well.

Helen Luff

■ Waltham Forest stabbing: 14-year-old boy found stabbed to death after police called to a crash

It's about time knife crime was made a TOP priority by this government.

Chloe Reese Stevens

■ Waltham Forest stabbing: Police reveal fatal attack happened after 14-year-old crashed on moped with car

This is an horrendous crime. Our country is getting worse and worse. It's not a nice place to live anymore.

Sue Olszak

The town is in a truly ghastly state

I TRULY do not understand Harlow civil servants. One minute they are blaming cuts left right and centre for what I truly believe is largely mismanagement of our money when they cap services and say they cannot fix cracked footpaths that plague our town but magically

OUR POLICY

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YOUR EDUCATION NEWS

An out of this world experience as pupils borrow a piece of the moon

'THE WAY THE CHILDREN REACTED TO IT REALLY BROUGHT SCIENCE ALIVE'

CHILDREN attending BMAT schools in Harlow have been given a once-in-a-lifetime experience thanks to BMAT STEM Academy.

The school – dedicated to science, technology, engineering and maths – is one of a select few in the country to borrow a piece of the moon.

Working with the Science and Technology Facilities Council, the school took part in the Lunar Rocks and Meteorites Loan Scheme which enabled it to borrow NASA moon rock discs and meteorites for five days.

Students from BMAT STEM, Burnt Mill Academy, Roydon Primary Academy and Cooks Spinney Primary Academy all got the chance to work with the samples.

Kendra Paho, Year 5 pupil from Roydon, said: "It has been really interesting and cool. We got to see the moon right in front of us and find out more information about it. It was fascinating."

Michael Clark, head-teacher at Roydon, said: "We always love to offer the children the best possible life experiences and to see a part of the moon was one the children loved. We want to thank BMAT STEM Academy for having us again."

"The children took a lot from the morning."

email your news to community@hertsessexnews.co.uk



Students from BMAT STEM, Burnt Mill Academy, Roydon Primary Academy and Cooks Spinney Primary Academy all got the chance to work with the samples

Year 10 GCSE astronomy students from BMAT STEM used the visit of the meteorites and samples brought back from Apollo missions to enhance their studies.

Paul Andrew, assistant head and science teacher at BMAT STEM, said: "The main reason we wanted

to take part was for our astronomy students to be able to look at moon-based rock which they would not otherwise get to see.

"They have been able to handle it for themselves which helps to give their studies context."

"These samples have come all the way from the moon which is an absolute wow moment for them."

The samples are irreplaceable and priceless.

"It has been brilliant to share this with students. It has been lovely to see them so interested and engaged and doing something different."

"Seeing the way the children reacted to it really brought science alive."

"That is what it is about for me,

making science real while doing something they can enjoy."

"One primary school pupil said she didn't want to leave."

Secondary school students looked at the samples under a microscope, while primary school pupils learnt how to differentiate between earth and space-bound rocks using their science knowledge.

Students' historic Parliament visit

PASSMORES Academy students got the opportunity to visit the House of Parliament recently.

The students received a tour of both the House of Commons and the House of Lords and got to watch them debating Brexit.

They saw the Chancellor Phillip Hammond be quizzed on the effect that Brexit would have on the economy.

They then met Robert Halfon and students were able to ask him questions about his role as an MP and also issues to do with Harlow, such as the gridlocked roads and

the number of police officers.

Students finally participated in a debating workshop where they debated whether the voting age should be lowered to 16.

The students confirmed that they had a fabulous day.

Ms Le Dain, who ran the trip, said: "The students were absolutely fantastic - completely well behaved, engaged and wonderful ambassadors for the school."

"It was such an amazing trip and a real opportunity for the students to be there at this historical time."



Passmores Academy students at the Houses of Parliament

YOUR CHARITY NEWS

Be a Compassionate Neighbour and help to tackle social isolation

St Clare Hospice, in Hastingwood, is calling on local people to help them improve the lives of others through its growing community-led social connection programme, Compassionate Neighbours.

The award-winning programme, founded by St Joseph's Hospice in East London in 2011, is now established in eight hospices across the UK.

St Clare is using Compassionate Neighbours to tackle social isolation and loneliness for those living with a life-limiting illness throughout West Essex and East Herts.

However, this relies on the support of local people to give an hour a week towards helping others in the community. These generous volunteers regularly offer their time, companionship and a listening ear to their matched community members.

The project at the West Essex and East Herts charity has successfully recruited 47 Compassionate Neighbours and is on track to reach its ambitious target of recruiting 64 volunteers by the end of March.

Now St Clare is calling on caring members of the public from the Uttlesford District, Bishop's Stortford, Sawbridgeworth, Harlow and Epping Forest areas, to come forward and join the ranks of its volunteers.

Harry Weldon from Harlow has already benefited from the project. He meets weekly with his Compassionate Neighbour, Dave Austin, from North Weald, during which time the pair enjoy spending time together at Harry's home or out in local community.

Harry first encountered the com-

Compassionate Neighbour Dave Austin, left, with Harry Weldon



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passionate, supportive environment at St Clare Hospice when he was attending a day therapy group.

The following year he was told about the Compassionate Neighbours project.

"It's been good," he said. "I have enjoyed having Dave as a partner, he's a really nice bloke. I think we have a similar sense of humour and we like similar things."

"Before I had a Compassionate Neighbour, I wasn't getting out at all,

but Dave has given me confidence and shown me that I can try different things now."

Harry continued: "Compassionate Neighbours has also helped me to get back to doing the things that I love.

"I love fishing, and it is something that has always been a part of my life. But I stopped when I couldn't get out of the house easily."

"It had been a few years since I had fished when Dave suggested that we should try going together. He drove us to a local fishing lake and

we parked up.

"I don't think Dave had really fished much before, so I showed him what to do. It was lovely in the sun. We were there for hours."

The programme has also helped Harry to do things without Dave.

"I have even been fishing with my brother-in-law, too, now," he explained. "Compassionate Neighbours has helped to give me the confidence I needed."

"I would say to anyone thinking of getting involved with the Compassionate Neighbours project to give it

a go. Compassionate Neighbours has really helped me."

St Clare's Compassionate Neighbours manager, Stacey Towler, said: "The service will celebrate its first birthday here at the hospice in February, and by then we will have supported at least 65 community members who were experiencing loneliness and social isolation – which is fantastic.

"In 2019, we will be celebrating the real difference that the programme has made to local people, and looking to continue developing and expanding our reach so that no one has to feel lonely in the last chapter of their life within our community.

"We, as residents of West Essex and East Herts, have the power to ensure that the project continues to make a difference by giving just one hour a week and becoming a Compassionate Neighbour. Will you join us?"

New volunteers will be provided with a full training programme, free of charge.

The training courses are informal, fun and inspirational, giving volunteers the opportunity to explore how they can use their compassion to help others and give them the confidence to support people in their community.

You must be over 18 to volunteer for this service.

St Clare Hospice will carry out a relevant DBS check and you must be willing to give up your time on a regular basis.

■ To find out more about joining a Compassionate Neighbours project contact the Compassionate Neighbours Project Manager, Stacey Towler, on 01279 773729 or visit: stclarehospice.org.uk/care/compassionate-neighbours/

New charity shop manager keen to hear from volunteers

KEVIN Stocker, 59, is the new manager at St Clare Hospice's flagship charity shop at the St James Centre in Harlow.

He brings with him extensive retail experience, having been a self-employed sole trader selling collectables and antiques for more than 25 years, and, more recently, a manager of the Old Harlow branch of Sue Ryder Care.

As part of Kevin's role, he manages a team of five part-time staff and 30 enthusiastic volunteers in the shop.

More than 230 people, aged 16-92, give their time to volunteer in St Clare's eight charity shops every year, offering their invaluable help in sorting donations, providing excellent customer service and maintaining the shop floor.

Kevin said: "We are always looking for volunteers to cover a variety of shifts throughout the week and I'm keen to hear from those who have volunteered in the past at the Harlow shop who might be interested in volunteering again."

Kevin, who was born and raised in Harlow and has always lived in the area, said about his new appointment: "I'm very proud to have been given the opportunity to work for such a great local charity which provides amazing care for people in Harlow."

"As manager, I want to help make St Clare Harlow an even better place to shop, work and volunteer. St Clare Harlow is a great place to shop with bargains for all the family."

"You can dress the family for under £10 per person and still have

money left over for CDs, DVDs and a few kids' toys."

St Clare Hospice's Harlow shop is currently recruiting for more volunteers to help in the store at Unit 2A, St James Centre, East Road, Harlow, CM20 2BJ.

To find out more, contact St Clare's Voluntary Services Manager, Rob Wallace, on 01279 773722 or email rob.wallace@stclarehospice.org.uk or apply online at stclarehospice.org.uk/volunteervacancies/shop-volunteer-harlow/



Kevin Stocker in his shop

YOUR COMMUNITY NEWS



Stars team up for a charity football match extravaganza

CELEBRITIES JOIN FUNDRAISER FOR GREAT ORMOND STREET HOSPITAL

By JULIA BRIGUI

community@hertsessexnews.co.uk
@EssexLive

A HARLOW teenager was among a group of students who enlisted the help of TV presenters and reality stars to take part in a celebrity football match in aid of Great Ormond Street Hospital.

The quartet, who are in their second year at Writtle University College, were challenged with running their own sports event as part of their Level 3 Performance and Excellence course.

Gracey Dorling, 17, from Harlow; Niamh Wilson, 17, Morgan Burns, 18, and Alex Chilvers, 17 all from Chelmsford, wanted to "go big" with their event and chose to raise money for Great Ormond Street Hospital and staged the match at Harlow Town FC's ground in Elizabeth Way.

Gracey explained: "Great Ormond Street Hospital helps take care of 618 children who visit the hospital per day. They strive to better the lives of the patient and their families."

"I have had the first-hand experience of their support due to my younger brother being unwell and was referred to the hospital."

"They allowed us to meet other families affected by the same illnesses as my brother and they gave us counselling sessions in order to help us cope."

The group asked Harlow Town Football Club if they could use the ground as a venue for a celebrity football match. Shannon Toms, director of operations at the club worked with the students and offered the venue free of charge.

"This was incredible considering we were low on funds due to being college students," Gracey added.

The celebrity team was managed by former Liverpool, Spurs and England star Neil 'Razor' Ruddock and his fellow Enfield FC coach Lee Hanning.

Celebrity players included Spencer Owen and Harry Hashtag Hesketh from Hashtag United, TV presenters Jeff Brazier and Rob Lamarr, former footballers Ross Weare, Jonathan Fortune and Dean Holness, 2012 Apprentice winner Ricky Martin, comedian David Alfie Ward and reality TV stars, Chet (Sket) Johnson and Dan Osbourne.

The opposing Harlow XI side was managed by Harlow Town boss



Danny Chapman and a host mix of Harlow Town legends including Marc Salmon, Mario Noto and Ed Thompson.

The students also partnered with the Essex Senior League who were able to use their contacts and funding to sponsor the event and supply the celebrity team with their kit.

League secretary, Michelle Dorling was a huge help to the students and Gracey said: "Her professionalism and experience of organising events really helped, she emailed celebrities to gather their attention to the game and confirm their involvement."

The event has been hailed a great success with a crowd of over 720 attending to see the Harlow XI narrowly beat the Celebrity XI 5-4.

At the time of going to press, the team of students had raised around £2,000 for Great Ormond Street Hospital.

"We are extremely grateful to those who came down and supported us on the evening, we would also like to thank Essex Senior League and Harlow Town massively for partnering with us on this event," added Gracey, "as without them we would have struggled to put the event on."



Michelle Dorling,
Neil 'Razor'
Ruddock and
Gracey Dorling



Ross Weare, Niamh Wilson, Gracey Dorling, Rob Lamarr, Shannon Toms and Morgan Burns

YOUR COMMUNITY NEWS

Bishop's Stortford

GLOBE CAFE: BSCA Church has started a new initiative to welcome people coming to the town from other countries. The Globe Café will serve coffee and a variety of cakes at Hockerill Christian Centre in Dunmow Road on Tuesday afternoons from 4.30 - 6.30pm.

BREATHE EASY: Bishop's Stortford Breathe Easy Group headed by Councillor Diane Hollebon, is a group for anyone who is living with a lung condition, and would like to meet and support each other.

They meet on the third Thursday of every month from 2-4pm at Charringtons House, Council Offices, Rooms A and B, The Causeway, Bishop's Stortford CM23 2EN.

MUSIC EVENT: Heavy rock band Nova will be playing The Horn on January 30 to celebrate the release of their new single IN-DE-NI-AL which was recently recorded at London Road Studios.

Buntingford

DEMENIA SUPPORT: Hertswise offers fun, stimulating activities delivered in a relaxed and friendly environment, for people living with dementia, memory loss or mild cognitive impairment as well as their carers.

At Layston Grove, Keen Avenue, Buntingford SG9 9SU every Friday from 2pm-3.15pm, £3, no charge for carers, parking available. To book or for more information call 0300 123 40 44 - or just turn up on the day.

Cheshunt

STAND AND PLAY: Baby and toddler group at Tinytoons pre-school, based in the Laura Trott Leisure Centre, takes place every Monday 1.30pm - 3pm. Call 07508 707153 for more information.

BROOKLAND WOMEN'S CLUB: Members of The Brookland Women's Club, Elm Drive, Cheshunt enjoyed a fascinating and informative evening when Jeff Nicholls, an antiques expert, was guest speaker at the club's recent meeting. He brought in a selection of period items and members took part in a quiz to guess their origins and who may have used them in the past. Members are also looking forward to the club's outing next month to see a pantomime at the Brick Lane Music Hall. New members always welcome, further details are available from Jean Hughes on 01992 632328.

Cuffley

HORTICULTURAL SOCIETY: Next meeting Thursday, January 31 at 8pm - talk by Valerie Christman on The Pulham Legacy - Victorian success by a Broxbourne family in garden construction. At Cuffley Hall, Maynards Place, EN6 4JA. Doors open 7.30pm. Visitors welcome. For more info ring Carol 01707 875742 or visit www.cuffleyhortsoc.org.uk.

Datchworth

BADMINTON SESSIONS: The



Datchworth Badminton Club meets on Wednesdays, new members are always welcome. The club night begins at 8pm with a session for junior members, between 11 and 15, from 6pm. For more information call Janet Dinsey on 01438 350247.

Goffs Oak

WOMEN'S INSTITUTE: The next meeting of Goffs Oak WI will be on Wednesday, February 13 at 7:15 for 7.30pm at the Village Hub, Goffs Oak, EN7 5ET. The speaker will be Frances Watkins who is a medical herbalist. The competition will be a perfume bottle. At their January meeting they had Jeff Bowden talking about Agatha Christie. The competition which was the oldest book was won by Jan Jones (secretary) with a book that dated back to the 1860s. Visitors always welcome.

Harlow

WALKING FOOTBALL: 50-plus fitness group. A great way to keep fit, newcomers welcome to come along and give it a try, £3 per session 3G pitch. Hosted by Paringdon Sports Club. Session times Mondays 4-5pm; Thursdays 10am - noon; Sundays 2-3pm.

Please call Dave on 07980 578201 for more details.

CHARITY EVENT: The Not the Royal Variety Performance is on February 15 at 8pm to raise funds for local homeless charity, Streets to Homes. It is organised and hosted by local comedian Clare Harrison McCartney and promises to entertain.

YOUR NEWS

We compile Your Community News pages two weeks in advance of publication. If you want to include a future event please make sure you tell us in plenty of time so our readers can come along

The Fraudway Singers are headlining with their show. Local vocalist Cara Sheridan and the Voices of Harlow choir are also gracing the stage, as well as Edinburgh Fringe comics The Monks and comedian Madge Hooks, Britain's Got Talent magician Al Prendo Taylor and transgender fluid comedian Jenny B Side are also on the bill.

Tickets are only £5, but if you can afford to pay more than that is appreciated because they need to raise as much as they can for Streets to Homes. There will be a raffle and if anyone can donate a prize, that would be fantastic.

Tickets can be purchased on the door at Burnt Mill Social Club Harlow, but people are encouraged to book online to secure a seat. Book via www.eventbrite.co.uk/e/the-not-the-royal-variety-performance-tickets-54073815237.

PILATES CLASS: Strengthen your Core and Pelvic Floor on Monday, Wednesdays and Thursdays 6.30pm at the Women's Institute in Old Harlow. Pay as you train £4 per hour. Contact Milly on 07885 790167

or email milly100@yahoo.com

SELF-ESTEEM COURSE:

Integrity are offering a two-day course in self esteem on Saturday, January 26 and Sunday, January 27 at Churchgate Primary School, Harlow from 9.30am - 5pm.

Contact Nicky Needham, self esteem coach on 07752 577766 for more information. Course costs £200. Payment plan possible. Full refund guarantee.

Hertford

DEMENIA SUPPORT: Hertswise offers fun, stimulating activities delivered in a relaxed and friendly environment, for people living with dementia, memory loss or mild cognitive impairment as well as their carers.

At All Saints Church, Queen's Road, Hertford SG13 8AY. Every Tuesday 10am to noon. £5, no charge for carers, parking available.

To book your place or for more information call 0300 123 40 44. You can also simply turn up on the day.

VOLUNTEER FAIR: The first Hertford Volunteer Fair will take place

on Saturday, January 26 at the Mill Bridge Rooms between 10am and 4pm. Organised by the Hertford Town and Tourist Information Centre, which is run by Hertford Town Council, and in partnership with Team Herts, the event will host up to 15 local organisations seeking volunteers, including Age UK, the Alzheimer's Society, CHIPS, Hertfordshire Fostering Service, Guideposts Isabel Hospice, Mudlarks, and Mind in Mid Herts.

Hertford Heath

WI MEETING: Hertford Heath WI meets on the second Tuesday of every month at 7.30pm in the Mission Room, Vicarage Causeway. Come along to find out more.

Hunsdon

PILATES CLASSES: Monday 2-3pm, Hunsdon Village Hall. A friendly and welcoming class. Pilates helps you achieve a balance of mind and body, plus focusing on stretching and strengthening the whole body to improve balance, muscle strength, flexibility and posture.

For more information or to book a complimentary first class (spaces limited) call Anne at Active Health Pilates and More on 07717 333234 or email: activehealthpam@gmail.com or visit www.activehealthpilatesandmore.com

Roydon

FITNESS CLASS: 50-plus fitness group, Move It or Lose it, takes place on Tuesdays from 1.30 to 2.30pm at



Trust's second Fab Change accolade

STAFF at Princess Alexandra Hospital Trust are celebrating after winning a national award that recognises energy, leadership and vision in healthcare.

The trust has now been crowned Fab Change Champion Organisation for the second year in succession.

Princess Alexandra Hospital Trust (PAHT) won the accolade from the Academy of Fabulous stuff - a social movement for sharing health and social care ideas, services and solutions that work.

The Fab Change Champion Organisation title was an especially momentous success in the NHS 70th anniversary year.

Living up to the Fab Change 70 challenge, the trust met the NHS 70 landmark by showcasing a tremendous 70 improvement projects taking place around the trust which are making a difference to patients and their families.

Roydon Village Hall. All abilities, men and women welcome (seated and standing exercises). £5 per session. Call Belinda on 07974 721527 for more information.

PILATES CLASSES: Small group, Monday 8-9pm, maximum five people. £52 for five weeks. Includes small equipment and programme ideas.

Men only pilates, Tuesday 9.30-10.30am, maximum five gentlemen. Pilates Specialist Studio on the edge of Roydon. £10 per session or £52 for six sessions.

Back pain specialist pilates, Wednesday 9.30-10.30am, maximum five people. £10 per session or £52 for six sessions.

Restore your pelvic floor. Five-week pilates-based course, Wednesdays 8-9pm, maximum five places. £10 per session or £52 for six sessions.

Back pain specialist pilates, Thursday 9.30-10.30am, maximum five people. £10 per session or £52 for six sessions.

Back pain specialist pilates, Thursday 8-9pm, maximum five people. £10 per session or £52 for six sessions.

Pilates Specialist studio on the edge of Roydon. For details contact Heather 07801 493893 or info@pilatespecialist.co.uk.

MUSIC EVENT: Following on from the successful launch of Bishop's Stortford Sinfonia's 'Inside the Orchestra' last year, there is another opportunity to take a passenger seat in the orchestra, this time for Tchaikovsky's Pathétique Symphony.

Rebecca Miller will lead a workshop that will reveal the challenges for the orchestra of playing this dramatic work, and some of the story behind the composition of one of the most deeply personal and emotionally charged symphonies in the repertoire.

On Sunday, January 27, 3.30pm at the Memorial Hall, Bishop's Stortford College, Maze Green Road, CM23 2PJ. Tickets £17, students £5, children under 18 free.

For further information see [www.bishopstortfordsinfonia.com](http://bishopstortfordsinfonia.com)

PILATES WITH MILLY:

Strengthen your Core and Pelvic Floor on Monday's at 8pm at the Village Hall, pay as you train £4 per hour. Contact Milly on 07885790167 or email milly100@yahoo.com

Rushden

LACE MAKING: The

Rushden Lace Club meets on the first Monday of the month in the village hall, and all types of lace are made under the expert tuition of Bridget Cook. Beginners are welcome to join the group, where tea, coffee and biscuits are supplied - although you will need to take your own lunch.

For more details call Eva on 01763 288357.

Sandon

GREEN FINGERS: Sandon

Gardeners' Club meets every second Monday of the month at Sandon Village Hall at 7.30pm.

email your news to community @hertsessexnews.co.uk

These range across all service areas of the hospital and were showcased to the public at the trust's AGM in September. Now staff have received recognition by the Academy, whose aim is to encourage organisations to make changes that together create a momentum for improved healthcare.

The diverse range of projects across the trust has an impact for the youngest through to the oldest patients.

A poll within the trust for top projects resulted in five winners.

These included an app to help children overcome anxiety at having to come to hospital, through to a dementia garden near to a ward dedicated to frail elderly patients and those at the end of their lives.

Staff who attended a presentation ceremony were

particularly honoured to receive the award from the chief executive of NHS England, Simon Stevens, as well as the co-founders of the Academy of Fabulous Stuff, Roy Lilley and Dr Terri Porrett.

Mr Stevens stated: "This award is presented to the trust whose energy, leadership and vision has empowered staff to put their ideas into action and have embedded quality improvement as 'the norm' throughout their organisation."

Chief Executive of Princess Alexandra Hospital Trust, Lance McCarthy, praised staff for their consistent hard work in achieving the success for the second time.

He said: "To win once was fantastic but a second win shows the tremendous depth of the commitment of all our staff to ongoing improvements in our services for all of our patients."

Email Becky to book a free trial at: artexplorers@gmail.com or visit: www.artexplorers.co.uk for more.

TEEN DANCE: DDMIX (Diverse Dance Mix) dance fitness classes are held every Wednesday at Standon Village Hall for teenagers between 5.45 and 6.30pm, term time.

No dance experience is required, just lots of enthusiasm and a pair of trainers. It costs £5, which can be paid on the door each week. Call Julie on 07971 699615 or visit: dancejamacademy.co.uk for more details.

FIT FOR ALL: Pure Stretch releases muscular tension, develops core strength, and reduces mental and physical fatigue.

It is suitable for everyone, easy to follow, sociable and light-hearted.

Call Denise or times and classes on 01920 823072 or 07703 277862.

MUSICIANS AND MOVERS: Put a jingle in your step and become a morris dancer. Have a bash at Cotswold dance traditions with Standon Morris at practice sessions on Thursday evenings. The mixed side welcomes anyone from 10 years old upwards.

No experience necessary, and it is free. The group gathers from about 8pm onwards in The Star before heading down to Standon Village Hall at 8.30pm. Musicians are also needed. To find out more, call Catherine on 07808 969379 or email standon.morris@gmail.com

Stevenage

JEWISH SERVICES: Local Liberal

Synagogue welcomes members and visitors to the Sabbath morning service on Saturday, January 26 at 11am. For further information phone 01438 300222 or visit stevenageliberalsynagogue@gmail.com

Ware

WEDNESDAY WELCOME: Every week from 2pm-4.30pm a quiet space with refreshments, newspapers and magazines at St Andrew's Church, St Andrew Street, Hertford. Call 01992 504373 or visit www.hertstandrews.co.uk for more details.

TABLE TOP SALE: Rethink Companions is an East Herts branch of Rethink Mental Illness. Based in Ware, they offer a befriending service for people with a diagnosed mental illness and are socially isolated because of it. They also offer a service to carers of people with a mental illness. They are hoping to raise funds for their local branch by holding a table top sale tomorrow (Friday, January 25) at the Salvation Army Hall, Baldock Street, Ware from 10am until 1pm. All are welcome to come along and buy second hand items to raise funds for a very worthwhile cause.

Waterford

WOMEN'S INSTITUTE: In January Waterford WI had a 'home grown' meeting, where they entertained each other with a poem, verse, tale or joke. They also debated the national WI resolutions being put forward for 2019. Plus the usual tea and cake. The speaker for February is Winston Norton, who will be talking about his time as a Barnardo's boy at Goldings. Interested visitors are welcome to attend, the talk starts at 7.30pm in Waterford Village Hall on Thursday, February 7 and there is a visitors' fee of £2. You can also visit them on their Facebook page.

Widford

PILATES CLASSES: Mondays 6.45 to 7.45pm and 8 to 9pm.

Pilates helps you achieve a balance of mind and body plus focusing on stretching and strengthening the whole body to improve balance, muscle strength, flexibility and posture. For more information or to book your first complimentary class (limited places) contact Anne at Active Health Pilates and More on 07717 333234 or email activehealthpam@gmail.com or visit www.activehealthpilatesandmore.com

Wormley and Turnford

POP-UP CINEMA: Wormley and Turnford Pop Up Cinema happens on the first Friday of every month. The next film will be Mamma Mia, Here We Go Again on Friday, February 1. The venue is Wormley Free Church, High Road, Wormley, EN10 6AA. Tickets are £3 or 4 for £10. Doors open at 7pm, film starts at 7.30pm. Free refreshments. For more info call Michal Siewniak on: 07903 390649.

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Deaths**Elaine Dorothea BEECROFT**

Passed away peacefully at home in Sawbridgeworth on the 17th January 2019 holding her daughter, Keely's hand. She will be deeply missed by her family, friends and all who knew her. Elaine's funeral service will be held at Parndon Wood Crematorium on Friday 8th February 2019 at 1.00pm. Flowers or donations for Isabel Hospice may be sent to Daniel Robinson & Sons, 3 Bullfields, Sawbridgeworth, CM21 9DB Telephone 01279-722476 Alternatively, please visit Elaine's In Memory Page at www.drobinson.co.uk

**Patricia BUTLER (Pat)**

From Potters Field (formerly Cooks Spinney) Passed away on the 24th December 2018, aged 86. A dearly loved Mum, Nan and Great Nan. A funeral service will take place at Parndon Wood Crematorium on Friday 1st February 2019 at 12.15. Family flowers only please but donations may be made to Alzheimer's Society or St Clare's Hospice for those that would like to give a little something in her memory.

BRIAN CATON

Passed away peacefully on 6th January 2019. A 'gentle giant' who will be greatly missed by his family and friends. Funeral service to be held at St Giles Church, Great Hallingbury on Tuesday 29th January at 1.30pm followed by burial at St Mary's, Great Dunmow. Family flowers only please but donations, if desired, may be made payable to Cancer Research UK and sent c/o Daniel Robinson & Sons, Haslers Lane, Great Dunmow CM6 1XS. Tel No. 01371 874518



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Please visit the In Memory pages at:
www.drobinson.co.uk

Wych Elm, 79/81 South Street, Bullfields
Harlow, Essex Bishop's Stortford, Sawbridgeworth
(01279) 426990 (01279) 655477 (01279) 722476

**Betty EDWARDS**

Who sadly left us on the 31st December 2018. God came and stood beside your bed, He looked at you and quietly said, you've taken more than you can stand so come with me and take my hand.

Always in our thoughts.

Your loving Husband Leslie, Son Jonathan, Grandson Jordan and everyone who knew Betty.

Funeral service to be held at David Livingstone URC Church, Harlow on 31st January at 1.00pm.

No flowers please. Donations if desired, may be made payable to Essex Air Ambulance and sent c/o Daniel Robinson & Sons Wych Elm, Harlow, CM20 1QP Tel: 01279 426990

Alternatively, please visit the 'In Memory page' at www.drobinson.co.uk

Peter Sinclair FREEMAN

Sadly passed away on the 9th January 2019 aged 91 years.

Husband to the late Pauline, Father of Marion and Michelle, loving Grandfather and Great Grandfather.

Peter's funeral service will be held at Parndon Wood Crematorium on Friday 1st February 2019 at 3.15pm. Please wear a splash of colour.

Family flowers only please but donations for 'Guide Dogs for the Blind' may be sent to Daniel Robinson & Sons, 3 Bullfields, Sawbridgeworth, CM21 9DB Telephone 01279-722476

Alternatively, please visit Peter's In Memory page at www.drobinson.co.uk

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William Monahan JACK (Bill)

Died peacefully at Coneywood Manor Care Home on Thursday 17 January 2019, aged 88. Very dearly loved husband to Anne, father to Chris, Deb, Paul and Ruth, grandfather to Emma, Nick, Sam, Maddie, Sally, Margot, George, Laura and Lily, great-grandfather to Holly and Ava and brother to Maureen, Ann, Tony and Steven.

Former Merchant Navy Chief Engineer and petroleum sales executive. The Funeral Mass will be held at St Joseph and the English Martyrs RC Church, Bishop's Stortford, CM23 2ND on Tuesday 5 February at 11am.

Family flowers only but any donations to the Alzheimer's Society.

Cyril Frederick KEEN

1931 - 2019

Beloved husband of Janet & Dad to Susan, Linda & Brenda, Grandad & Great Grandad who will be sadly missed.

Funeral Service to be held on Monday 4th February at Parndon Wood Crematorium at 1.45pm.

Family flowers only but donations for 'Prostate Cancer UK' may be sent c/o Daniel Robinson & Sons, 79/81 South Street, Bishops Stortford, Herts CM23 3AL.

Richard LANSDELL

Passed away on 17th January 2019 aged 73 years. Loved brother of Margaret and son of Minnie & Vic Lansdell.

The funeral service will take place at Parndon Wood Crematorium on Thursday 7th February at 1.45pm.

No flowers please. Donations for St Clare Hospice may be sent c/o Daniel Robinson & Sons, Wych Elm, Harlow, CM20 1QP or via the In Memory Pages at www.drobinson.co.uk. Tel: 01279 426990

George Joseph LUCKIE

Passed away peacefully in Princess Alexandra Hospital on the 12th January 2019 after a short illness, aged 84. He will be sadly missed by his family, friends and all who knew him. George's funeral service will be held at Parndon Wood Crematorium on Wednesday 6th February 2019 at 12.15pm. Flowers may be sent to Daniel Robinson & Sons, 3 Bullfields, Sawbridgeworth, CM21 9DB Telephone 01279-722476

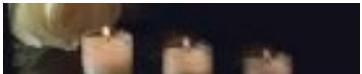
Deaths**Anthony Howard NEAL (Tony)**

Passed away peacefully, after a long illness, on Monday 7th January 2019, aged 63 years.

A much loved Son, Dad, Grandad, Great Grandad and Brother. He will be sadly missed by all his family and friends.

Funeral service to take place at Parndon Wood Crematorium chapel on Tuesday 29th January 2019 at 2.30pm followed by burial at Parndon Wood Cemetery.

All enquiries to Daniel Robinson & Sons, Wych Elm, Harlow CM20 1QP, Tel: 01279 426990.

**Helen ORCHARD (née Sheridan)**

Died peacefully at home on 11th January 2019, aged 87. Wife of the late Peter Orchard, beloved Mother and Grandmother. Requiem Mass at St Joseph & the English Martyrs RC Church, Bishop's Stortford, CM23 2ND, on Wednesday 30th January at 11am.

Family flowers only please. Full details can be found and donations, if desired, to RNIB can be made online using the "In Memory" pages at www.drobinson.co.uk

Florence Alice PERRIN Florrie

Sadly passed away on 15th January 2019, aged 90 Years.

Her Funeral Service will be held at Parndon Wood Crematorium on Tuesday 29th January at 1.00pm.

Family flowers only please. If desired, donations made payable to Cancer Research UK or British Heart Foundation, and may be sent c/o Daniel Robinson & Sons, 79/81 South Street, Bishops Stortford, CM23 3AL. Tel: 01279 655477 Alternatively please visit the In Memory page at www.drobinson.co.uk

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Deaths



Doreen June PRICE

of Shalford in Surrey and formerly of Harlow in Essex. Died peacefully at the Royal Surrey County Hospital on 17th January 2019 aged 88 years. Much loved wife of the late Ron. Funeral service at Guildford Crematorium on Tuesday 12th February at 12.45pm. Enquiries to J Gorringe & Son Funeral Directors. Tel: 01483 416403

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In Memoriam



STACEY CRISP

12/12/59

-
27/01/92
In loving memory of our dear son Stacey Crisp. Forever in our hearts, we miss you so much.
Love always Mum and Dad xxx

Ivan Charles MASCALL

Passed away January 27th 2018.

Gone but not forgotten, miss and love you always.
Daphne

Sandra SYKES (Wife,Mum & Nanny)

06/05/1944 -
26/01/2016

A Wife, a Mum & a Nanny so dear, taken so suddenly with the reasons unclear. 3 years have passed now with the pain still so raw, at times so unbearable it hurts to the core.

You are now with the angels in heaven above, keep sending those signals we pray for and love.

Knowing you are with us helps get through this pain, and time moves us closer to when we meet up again.

With all Our Love.
Fred, Nicola, Julie,
Paul, Jack, Georgie,
Ben, William, Sam & Flynn. xxxxx

Maud Grace SUCKLING

Sadly passed away on 15th January 2019, aged 88 years.

Beloved Wife to John and Loving Mum to Jill & Barry.

Will be greatly missed by all her Family & Friends.

Funeral Service & Burial will be held at St Mary the Virgin Elsenham on Thursday 7th February at 11.00am.

If desired, donations made payable to Cancer Research UK Cambridge Institute or Essex & Herts Air Ambulance may be sent c/o Daniel Robinson & Sons, 79/81 South Street, Bishops Stortford, CM23 3AL. Tel: 01279 655477

Alternatively please visit the In Memory page at www.drobinson.co.uk

Ernest Albert WALKER

Passed away peacefully in Weald Hall Nursing Home on the 15th January 2019 aged 90. He will be deeply missed by his wife Joan, son Bernard, family, friends and all who knew him.

Ernest's funeral service will be held at Parndon Wood Crematorium on Tuesday 5th February 2019 at 1.45pm.

Family flowers only please but donations for either the British Red Cross or the British Deaf Association may be sent to

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Alternatively, please visit Ernest's In Memory page at www.drobinson.co.uk

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CASHING IN

Beware of **lawyers**
handling your estate

IN ASSOCIATION WITH

Which?

MY mother died in 2013. Her will divided her estate between her four children (including me). The will was drawn up in 1997 by a solicitor who soon after retired. His firm was taken over by another which provided the will's sole executor, who paid herself £6,000 plus VAT (£7,200). We were not told of this. But then her firm collapsed.

She found other legal work and took our files with her. But she is not allowed to handle client money. It appears now she has hired the leading partner in the new firm to finish the work. He has somehow contrived to take another £10,000 from the estate and now charges £275 an hour. But he says we have no rights as his client is the other lawyer.

In the meantime, we have inheritance tax and capital gains tax problems while my mother's home, which we need to sell, is not being maintained.

The Solicitors Regulatory Authority has not helped. We cannot fund private litigation. What should we do?

Shelly R

AEVERYONE with assets to pass on should make a will. It saves the many problems of intestacy (dying without a will) and allows the will maker to set out their wishes.

Be careful of naming executors. Professionals such as lawyers or banks can charge what they like, perhaps excessive amounts. Family and friends cannot take fees. Lawyers often advertise free or low cost wills but write themselves in as executors knowing they can make big money later on. Refuse to do this - there are plenty of other will-writing services including charities.

If you have a will naming a bank or solicitor, tear it up and start again - even if the professional is still around. You should anyway revise wills often - family, friends and favoured charities can change.

Non-professionals can either carry out probate themselves (if it's simple - there is online help) or appoint a fixed fee firm of probate lawyers (search Probate Brokers) to do the work for you. Which? Legal 0117 405 4283 - has a probate helpline. In your case, find a no win, no fee professional negligence solicitor to act for you - your problem is complex but your present lawyers may think twice when they see expertise on your side. A successful action would see your current probate team (or their insurers) having to fork out for

Send your questions to consumer-complaints666@gmail.com

Hot deals for a cold January

We've found bargain buys on everything from cosy jackets to comfy pyjamas and slippers, to help you beat the chills this month...

INDOORS



Ben Sherman dressing gown, Burton, **was £34, now £17** **SAVE: £17**



Home Collection 13.5 tog anti allergy microfibre duvet (double), Debenhams, **was £65, now £52** **SAVE: £13**



Minions yellow nightwear set (ages 5-6), Argos, **was £26.99, now £14.99** **SAVE: £12**



Flannel PJ bottoms, Gap, **were £19.95, now £9.99** **SAVE: £9.96**



Pink heart slipper boots, Shoezone, **were £7.99, now £3.99** **SAVE: £4**



Purple Eskimo rug (170x110cm), The Range, **was £64.99, now £45** **SAVE: £19.99**



Slumberdown electric blanket (double), Wilko, **was £22, now £9** **SAVE: £13**



Kids' Thomas & Friends slippers, Marks & Spencer, **were £12-£14, now £6-£7** **SAVE: £6-£7**

WHAT'S NEW

YANKEE Candle has lit up the home fragrance world by creating the first ever "scent of the year". Its One Together candle is said to contain floral tones "wrapped with soft woods, suede, amber, mandarin, nectarine, and sandalwood". A Large Classic Jar candle costs £24.99.



BUDGET OR BUST

Harry Potter bags



Pep & Co Slytherin tote, £1, Poundland



Hogwarts Slytherin tote, £7.95, Amazon



Slytherin Crest shopper bag, £15, Hamleys

CLICK AND SAVE

KEEP your tootsies warm in a pair of black Sherpa fleece snow boots, down from £39.99 to £24.99 at mountainwarehouse.com.

And there's some cool kids' versions like the snazzy Whistler snow boots in pink or blue, which are £16.99, down from £39.99.



OUTDOORS



Peter Storm men's Thinsulate knit gloves, Millets, **were £10, now £5** **SAVE: £5**



Cranes black Borg collar lace-up boots, Dunelm, **were £120, now £60** **SAVE: £60**



Blue cable-knit fisherman beanie hat, River Island, **was £8, now £5** **SAVE: £3**



Azarey grey military ankle boots, TK Maxx, **RRP £55, now £24.99** **SAVE: £30.01**



Weatherproof women's thermal crew sock pack, mandmdirect.com, **RRP £14.99, now £5.99** **SAVE: £9**



Super fluffy orange scarf, Accessorize, **was £20, now £10** **SAVE: £10**





Outdoor men's sock pack (3), Mountain Warehouse, were £9.99, now £4.99 **SAVE: £5**

* PRICES CORRECT AT TIME OF GOING TO PRINT. ALL OFFERS ARE WHILE STOCKS LAST

Golddigga faux-fur parka ladies' coat, Sports Direct, was £89.99, now £13
SAVE: £76.99

Regatta Black Ardwick men's waterproof jacket, Debenhams, was £100, now £50
SAVE: £50

Stripe pom-pom beanie, Topshop, was £14, now £5
SAVE: £9

Peter Storm women's faux-fur lined gloves, Blacks, were £15, now £11.25 **SAVE: £3.75**

Men's textured knitted scarf, Fat Face, was £29.50, now £10
SAVE: £19.50



State pension age changes have me in a muddle

ASK TRICIA

FINANCIAL EXPERT TRICIA PHILLIPS ANSWERS YOUR QUESTIONS

AGO online to gov.uk and put Child Trust Fund into the search. You will be led through the process of tracking down the provider. You can contribute up to £4,260 per year into a CTF, although transferring the funds into a Child ISA will give you better rates of interest.

QI HAVE an overdraft I'm struggling to repay and it's costing me a lot in interest and charges. I'm thinking of putting it onto a new 0% credit card deal or my existing card. What's best?

ATHE best way to clear an overdraft is a 0% money transfer credit card as you can move funds into your bank account via one of these.

Using cash from your existing card will incur high charges unless the firm is offering a 0% deal – also you risk ending up in a financial muddle if you were to use the card firm for two different purposes.

QI AM a 65-year-old woman confused and angry regarding my state pension. With the age going up again, will I now have to wait until I'm 66 to get mine?

ATHE constant tweaking and age changes are making it impossible for people to plan properly. And it's unfair, as phased-in age rises mean that you may have to wait months longer than someone even born in the same month as you, depending on your date of birth.

Currently those born in 1954 will reach state pension age between the age of 65 and 66. Someone born between January 6 and February 5, 1954, will reach state pension age on May 6 this year, while being born between February 6 and March 5, 1954, means not getting the state pension until July 6 this year.

QI'VE had lots of problems with my energy supplier and my bills. They kept

changing my direct debit level and I've ended up in a little debt.

QCan I switch supplier when I owe them money?

AIF you've been in debt to your supplier for over 28 days, you'll need to repay that first. However, if it's your supplier's fault you're in debt, I believe they can't stop you from switching.

QI'VE been getting lots of calls offering me ISAs and other investment reviews. I thought cold calling was now banned?

AIN general, cold calling is still legal. But this month a pensions cold-calling ban came into force. However, crooks will now use other financial products and services as a way to try to

lure you out of your savings. So put the phone down on any cold calls.

QI THINK there is a Child Trust Fund account somewhere for my child. How can I find out where it is and can I contribute to it?



Immediately put the phone down on any cold callers

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BOOKSHELF

At times, I was scared... amid burning oil drums at roadblocks, youngsters jabbering away with Kalashnikovs

BESTSELLING novelist and ex-ITN reporter Gerald Seymour, whose thrillers about spies, undercover agents and terrorist threats have attracted legions of fans, chuckles as he recounts some of the close shaves he's had during his career.

"There were a few times when I felt scared," he admits, laughing. "But it wasn't about being among 'whizz-bangs' so much as being on lonely roads, perhaps just myself and a driver, say in Lebanon at night amid burning oil drums and roadblocks, and windows wound down and youngsters jabbering away with Kalashnikovs, and not understanding a word. That was the most unnerving thing."

As a reporter, he covered events in trouble spots including Vietnam, Israel and Northern Ireland, as well as the Great Train Robbery and the Munich Olympics massacre in 1972.

He recalls being asked by an American army lieutenant near the Cambodian border in south Vietnam if he would help man the machine gun in the event of an attack. He politely declined.

Much of the tension he has experienced in front-line reporting has been transferred into his fictional stories, which began in 1975 with Harry's Game, later made into a TV mini-series.

He has retained that suspense and tension in his 35th novel, Battle Sight Zero, which follows the path of a Kalashnikov assault rifle from its manufacture in 1957 through six decades as it changes hands, to make its way in 2018 to wreak havoc on the streets of Britain.

At the heart of the story is the relationship between a Muslim girl from Dewsbury answering the terrorist call and the undercover agent tasked with infiltration.



Battle Sight Zero follows a gun's history over the years

AS HIS 35TH BOOK IS PUBLISHED, WAR REPORTER-TURNED THRILLER WRITER GERALD SEYMOUR TELLS HANNAH STEPHENSON HE'S GLAD HE'S NOT ON THE FRONTLINE TODAY

Gerald has held – but never fired – an AK47 in the Middle East and says the weapon has a worldwide reputation – people know how much devastation it can cause.

"I spent most of my adult life being aware of the Kalashnikov, having seen it through all my time in the Middle East, in Vietnam and in Northern Ireland. More recently, we've seen the carnage with the Kalashnikovs at the concert in Paris."

At 77, Gerald shows no sign of slowing down. He has produced, on average, a book a year since he gave up his reporting career to become a novelist in the Seventies.

"There had been the launch of The Day Of The Jackal. I knew of Frederick Forsyth.

"In Fleet Street and the broadcasting studios, there were reporters thinking they'd have a go. There was a genuine feeling that Forsyth had moved the whole world of thriller-writing on from Alistair MacLean and Hammond Innes.

"I came back from the Middle East war, the kids were at school, the office said I was to take three weeks off, so I thought I'd have a go," he recalls.

His debut, Harry's Game, became an instant bestseller. "It was a very easy ride," Gerald reflects, still surprised. "It frightened the hell out of me, because of what I was going to

Gerald covered the Vietnam war, below left, but says modern conflicts such as Syria, below right, pose different risks for reporters



do for the next one."

Today, he and his wife, Gillian, live in the Thames Valley and have two sons and three grandchildren.

"It's part of that thing that keeps you switched on and humble and able to see other generations' point of view. I value that."

Does he miss the fast-paced world of TV news reporting?

"I miss the craic and laughter and gallows humour of the rat pack, but thank God, I'm too old for that now," he says.

He reckons front-line reporting has become more dangerous than it used to be.

"In my day, we thought that

somehow we could talk our way through, and I don't think that exists any more. In fact, if you were in Syria in recent years, it's quite a coup (for the terrorists) if they got their hands on you. It's more dangerous."

He also feels society has become less shocked by atrocities: "We don't have the shock horror factor that we would have done 30 years ago. That means that the reporters' and cameramen's lives are in some sense cheapened."

These days, he's quite happy to walk his two Labradors, speaking the dialogue of his fictional protagonists as he goes. He watches

the rugby on Saturdays and enjoys the cricket at Lord's.

He says he needs a fairly quiet life to be able to concentrate the mind on crafting his stories, and admits that the process becomes more difficult with each book.

"The cliff gets steeper and the rock I'm trying to carry up gets heavier. I'm concerned more that this is going to be the end of the road and ideas and motivation will dry up. Thank heavens that hasn't happened yet."

■ **Battle Sight Zero** by Gerald Seymour, published by Hodder & Stoughton, £18.99.

REVIEWS

DREAM SEQUENCE
by Adam Foulds, Jonathan Cape, £14.99, available January 31

★★★★★
ACTOR Henry Banks is prepared to do all it takes to get the perfect next role, even if it means starving himself. But he doesn't realise he is already starring as male lead in the life of a stranger, Kristin, a recently divorced American vulnerable to the thrall of celebrity obsession.

Whether this drama is a tragedy or a romance, we only find out towards the novel's close when Kristin flies to London to confront her destiny. Meanwhile, the object of her affection continues remaking himself with each bigger and better role, but is left unsatisfied by fame's hollow fruition.

Foulds, previously shortlisted for the Man Booker prize, does not disappoint with this psychological exploration that tests the limits of control. It was difficult to invest emotionally in the characters; neither are particularly likeable, but their inevitable meeting gives the narrative a strong forward thrust that keeps you committed.



BOOK OF THE WEEK

THE WALL by John Lanchester, Faber & Faber, £17.99, ebook £12.99

★★★★★
JOHN Lanchester has written a grimly absorbing dystopian novel set in a very near and recognisable future, where the threats of global warming and anti-immigrant nationalism have been pushed to bleakly credible extremes. We understand that an environmental crisis has devastated the planet, making refugees of much of the global population



MY CONEY ISLAND

BABY by Billy O'Callaghan, Jonathan Cape, £14.99, ebook £9.99

★★★★★
THE second novel by Irishman Billy O'Callaghan tells the story of Michael and Caitlin, whose a long-running affair takes place in monthly trysts in the titular New York neighbourhood.



and causing surviving territories like Britain to barricade themselves against intrusion. Our narrator is a young man doing his two-year tour of duty on The Wall, a forbidding fortified rampart that runs the length of the British coast in order to keep out the homeless of the world. It's a boldly simple idea, executed with single-minded purpose. I'm puzzling over the ending but that's no criticism of a book that will stay with you long after you've finished it.

The heavy-handed opening of the pair heading to a dingy hotel, amid a winter storm as they find out about threats to their relationship - Caitlin may have to move with her husband's work and Michael's wife is seriously ill - is typical of a book which tends to be overwritten. The main characters fail to generate much sympathy, their doomed romance appearing clichéd. The description of losing a premature baby is one

of the few sections which rings true in this melodrama, but if romance is what you're after, it ticks the box.

CALM THE F* DOWN** by Sarah Knight, Quercus, £14.99, ebook £7.49

★★★★★
IN 2018, the self-help book saw a real resurgence, with the unprecedented global success of Jordan Peterson's controversial 12 Rules For Life.

No stranger to the genre herself, Sarah Knight pitches in here with a contribution that might be less controversial, but is much more accessible. It is an expletive-riddled, irreverent look at how to reduce stress in the modern world.

It's hard to say whether this is a book primarily for advice or humour, so maybe the book could best be described as a parody with heart. The ultra-frivolous style won't be to everyone's taste, and one could argue Knight's advice boils down to a handful of inane platitudes ('Worrying is wasteful'), but at least you'll have a laugh or two as you 'mentally declutter your worryscape'.

TOP TENS

BEST-SELLING TITLES

1. The Language of Kindness, Christie Watson
2. Old Baggage, Lissa Evans, right
3. The Woman in the Window, A. J. Finn
4. The Fast 800, Michael Mosley
5. The Tattooist of Auschwitz, Heather Morris
6. Becoming, Michelle Obama
7. Diary of an Awesome Friendly Kid, Jeff Kinney
8. Veggie Lean in 15, Joe Wicks
9. The Binding, Bridget Collins
10. This is Going to Hurt, Adam Kay



BEST-SELLING KINDLE TITLES

1. The Innocent Man, John Grisham
2. The Infirmary, LJ Ross
3. The Friend, Teresa Driscoll
4. The Beekeeper's Promise, Fiona Valpy
5. Blood for Blood, Victoria Selman
6. One Day in December, Josie Silver
7. Dry Hard, Nick Spalding
8. Watching You, Lisa Jewell
9. The Corner Shop in Cockleberry Bay, Nicola May
10. Truth and Lies, Caroline Mitchell

Chart courtesy of Waterstones

Chart courtesy of the Kindle Store at Amazon

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2	At sea	6	Geirangerfjord
3	Eidfjord, Norway	7	Bergen, Norway
4	Flåm, Norway	8	At sea
			Tilbury, London, UK Arriving 08:00

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HEALTH & LIFESTYLE

HEALTH NOTES



Going grey gracefully?

GOING grey is a completely natural part of the ageing process, and it happens to most of us, but it can still be a shock to see your natural hair shade changing colour over time.

Most of us start to notice the first few greys creeping in by the time we hit our early 30s, but for some people, the process can start much earlier.

WHY DOES HAIR TURN GREY?

HAIR doesn't 'turn' a specific colour overnight. Once a hair follicle produces hair in the scalp, the colour is set for the rest of its growth.

To understand why hair goes silver, it's important to understand why it has colour in the first place. The answer lies in a special type of cell known as a melanocyte, which produce melanin pigments as they grow into the hair fibre.

Melanin comes in two forms, eumelanin (black or brown) and pheomelanin (reddish-yellow). Combinations of these two create the spectrum of natural human hair colours: Blonde, brown, black and red.

"Melanin-producing cells at the base of each hair follicle feed pigments through to the hair root," says Dr Sarah Brewer, Healthspan medical director (healthspan.co.uk) and author of *Eat Well, Look Great* (Eddison Books, £13.99).

As we get older, the pigment-producing melanocytes in our hair follicles gradually lose their ability to create melanin. When there are fewer pigment cells in a hair follicle, that hair will appear more transparent as it grows, appearing grey or silver.

CAN MY DIET HELP?

EXPERTS believe that a good diet can help to ward off the white. "Premature greying of hair has, in particular, been linked with a lack of certain B vitamins, folic acid or copper," says Dr Brewer.

She says that a good general rule is to follow a wholefood, nutrient-rich diet – avoid processed, convenience foods, and those with a lot of added salt to keep hair in good nick.

Demystifying CROHN'S

It's one of the most common forms of inflammatory bowel disease but still relatively misunderstood. **LIZ CONNOR** finds out more

YOU'VE probably heard of Crohn's disease, but do you really know what it means?

For starters, it's actually pretty common – every 30 minutes in the UK, someone is diagnosed with Crohn's or ulcerative colitis, the two main forms of inflammatory bowel disease (IBD).

These are lifelong conditions that can have a big impact, but Crohn's is often described as an 'invisible illness', because it's not always apparent on the outside exactly what's going on with somebody's health. In other words, people might not 'look' as unwell as they are, which can contribute to lack of understanding and awareness.

People with Crohn's disease commonly experience phases of intense abdominal pain, exhaustion, bloody diarrhoea, sore, swollen joints and a number of other unpleasant symptoms behind closed doors.

While Crohn's is a lifelong condition and can be difficult to live with at times, particularly when it comes to unpredictable flare-ups, the good news is that lots can be done to help manage it.

And if symptoms are well controlled, you can still live a full life with Crohn's.

Here, Jaina Shah, a spokesperson from Crohn's and Colitis UK, explains more...

WHAT IS CROHN'S DISEASE?

"CROHN'S is one of the two main forms of inflammatory bowel disease and is a lifelong disease of the gut," says Jaina.

"It is painful, debilitating and widely misunderstood – and there is no known cure."

She explains that for people with Crohn's, the immune system doesn't function as it's meant to.

"Your body starts attacking itself, causing ulcers and inflammation in the gut."

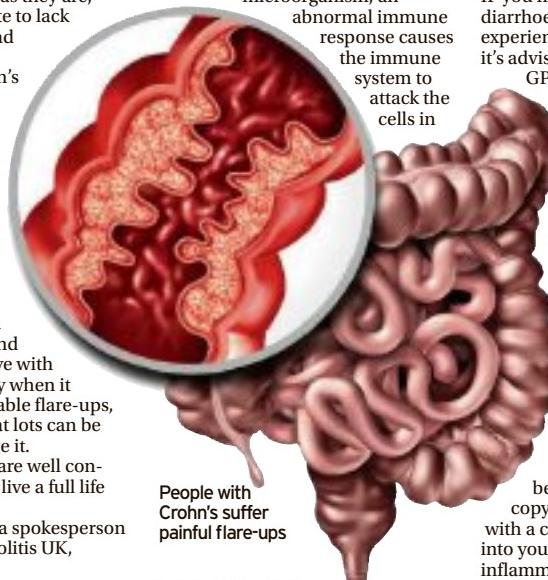
"Imagine having a wound that

never heals, but only it's on the inside."

The condition doesn't just affect the gut though. "It can affect almost every part of your body and every aspect of your life – from your digestion to your energy levels and mental health," adds Jaina.

"People living with the condition face a lifetime of medication and, in many cases, major surgery."

While it's not entirely why Crohn's happens, research has suggested it's possible that a virus or bacterium may trigger it. When your immune system tries to fight off the invading microorganism, an abnormal immune response causes the immune system to attack the cells in



Studies have also found that Crohn's is more common in people who have family members with the disease, so genes may play a role in making some people more predisposed to developing it.

WHAT ARE THE SYMPTOMS?

CROHN'S tends to occur in episodes of flare-ups and periods of remission – although symptoms may be constant if the condition isn't being treated or well managed.

When the disease is active, the

NHS says that the main symptoms are diarrhoea – which may come on very suddenly – stomach aches and cramps, and blood in your stools.

While every person is affected differently, fatigue is also a common symptom, along with weight loss (although that isn't always the case).

Some people with Crohn's disease also experience a high temperature, feeling sick, joint pain, sore eyes, patches of swollen skin (usually on the legs) and mouth ulcers.

HOW IS CROHN'S DISEASE DIAGNOSED?

If you find blood in your stools, have diarrhoea for more than a week or experience frequent stomach aches, it's advised you book in to see your GP to get things checked.

Your doctor will try to find out what's causing your symptoms and may refer you for tests to check for Crohn's disease.

While you can be diagnosed at any age, Crohn's and Colitis UK reports that the median average age for Crohn's diagnosis is 29.5 years, while more than 25% of all new diagnoses are in children aged under 16.

An MRI or CT scan may be required to get a better understanding of what's going on in your intestines. During the tests, you may be asked to take a colonoscopy, where a thin, flexible tube with a camera at the end is inserted into your bottom to look for inflammation in your bowel. A specialist may also take a biopsy, where tiny pieces of bowel tissue are removed during a colonoscopy and checked for signs of Crohn's disease.

HOW IS IT TREATED?

IF Crohn's is diagnosed, Jaina says that treatment will vary from person to person and can depend on the severity of the condition – although they will often have to take lifelong medication.

"The aim of medication is to reduce inflammation in the gut and bring relief from symptoms," says Jaina. "These drugs are often



Imagine having a wound that never heals, but only it's on the inside.

Jaina Shah explains the misery of Crohn's Disease

anti-inflammatory, and include steroids, immunosuppressants and biological drugs, taken in injection or infusion form."

In some cases, surgery may be required, to remove badly damaged sections of the bowel, for example. "Medication doesn't always work," says Jaina, "which means people with Crohn's can face surgery."

This includes bowel resections, operations that lead to the creation of a stoma and seton procedures."

Managing Crohn's disease is about lifestyle measures too, in order to help prevent flare-ups and minimise the impact of symptoms when they occur. This includes managing stress and mental wellbeing and getting plenty of sleep. Counselling can be very helpful too.

There's no set special diet for adults with Crohn's disease – but diet and nutrition are important, as people with Crohn's have an increased risk of nutritional deficiencies due to malabsorption, plus some people find certain foods can trigger symptoms.

Children may sometimes need to follow a special liquid diet to help control their symptoms – a GP will advise if this is necessary. A dietitian can help with managing diet and ensuring you're getting the balance of nutrients you need.

The unpredictable flare-ups of Crohn's disease can be hard to cope with emotionally and practically, so it may help to discuss your condition with your friends and family if you're struggling. Your GP can also point you in the direction of counselling and further emotional support.

Finally, make use of charities like Crohn's and Colitis UK (crohnsandcolitis.org.uk), which has details on its website of local support groups and community events.



AS human beings our internal experiences can be very complicated.

In any given situation a vast range of thoughts, feelings, body sensations, urges, needs and desires may show up as we try to make sense of and navigate the world around us.

The three system model outlined below gives a simple framework for helping us to understand our experiences.

Threat system - This system identifies potential threats to our safety and triggers emotions which motivate us to either remove or get away from the threat.

It is in essence a self-protection system that triggers intense emotions such as anxiety, anger, shame and disgust which come with a whole host of bodily sensations such as racing heart, muscle tension and nausea.

This system works on a "better safe than sorry" principle. While this has served us well in terms of our survival, it can get us into problems when it becomes overactive and has us reacting to perceived threats even when there is no actual danger present.

Drive system - This system identifies goals and triggers emotions that motivate us to act in ways that help us to achieve those goals.



Over- or underactive systems can lead to mental health problems

Three systems that help us to make sense of the world

Human beings are motivated to seek out and strive for the things we need in life such as food, somewhere to live, a decent job and loving relationships.

This system provides the energy, motivation and desire to go out and get these things. When this system gets out of balance, for example, through the use of drugs or as a result of mental illness, it can become overactive (driving us to gain more and more which often leads to frustration and disappointment) or underactive (when we lack the energy and motivation to pursue our goals).

Soothing system - This third system is crucial to our wellbeing as it

enables us to achieve a sense of peacefulness and contentment that restores balance when we don't need to be defending ourselves against threats or striving to achieve our goals.

This system is closely linked to our experience of affection and kindness - when we experience the love and kindness of others and treat ourselves with self-compassion this system is activated, helping us to feel safe and calm.

■ FOR information on how to develop your soothing system through self-compassion, visit compassionatemind.co.uk

Dr Ellie Milby is a counselling psychologist

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MUSIC

Plenty of potential

BACK in the late 1970s and early 80s, The Chords were one of those blink-and-you've missed them bands who promised so much, but split up before they had chance to fulfil that potential.

Essentially a mod band – remember, parkas and Lambrettas with unfeasibly large numbers of mirrors were the big thing for a time – they were streetwise, socially aware and musically sharp as a knife.

They produced energetic pop-rock songs with catchy hooks and singalong choruses and it seemed a safe bet that their Top of the Pops appearance with Maybe Tomorrow wouldn't be their last.

More great singles and an album – So Far Away – followed but they never did make that big commercial breakthrough and, after sacking singer Billy Hassett and bringing in Kip Herring, it was all over.

Only it wasn't quite all over. Guitarist and songwriter Chris Pope was among those wondering what might have been and, from an overseas Chords reunion tour in 2012, The Chords UK were born.

Picking up where The Chords left off, Chris, Mic Stoner, Kenny Cooper and Sandy Michie have released two albums and have forged a formidable live reputation, playing the old anthems, newly-penned songs and everything in between. You can see them at Phoenix Live in Harlow this Saturday (January 26) supported by The Hurricanes, with DJ Eddi Piller spinning some discs.

"The Chords got back together in 2012 for a tour to Australia and Japan and we had a great time because nobody had ever seen us there before," explained Chris.

"I was talking to Billy, the singer, who I formed the band with in the late 70s - we'd been on and off playing gigs every five years or so and I suggested I wanted to take it further. I wanted to take it back to England and keep going with it."

"The bass player who was with us at the time, Mic, is still with us but Billy can't do it as he lives in Japan."

Although he combines his musical activity with a day job nowadays, he remained active after the demise of The Chords in 1981.

Explaining why he wanted to revive the songs and spirit of his first band, he said: "I was doing some solo stuff, well it was a band called Pope, and I was doing four or five Chords songs in it and people were turning up and really getting into the way we were playing them so it was a bit of unfinished business really."

"The Chords were sacked off in 1981 before we'd done a second album. You always look back and think what if I'd put that stuff out and people had reacted to it?"

"I've done that on the last two albums we've done - I've put a couple of old songs on them and they've gone down really well, which is quite interesting really."

Trends and fads moved so quickly back in the late 70s and early 80s so being a mod band when new styles were emerging wasn't easy. One day you were flavour of the month, the next you were yesterday's leftovers.



The Chords UK are coming to Harlow

CHRIS POPE OF THE CHORDS TELLS MARTIN NEAL WHY HE WANTED TO REFORM THE BAND

"Musically I wanted to move on and do something different when Kip joined," explained Chris. "If you listen to our last two or three tracks, they're very different to the early ones."

"Also things moved very quickly at the time. In the early 80s people started to get into New Romantic stuff – electronic music and strange haircuts!"

"We played rock and roll music and I stuck to my guns a bit and we carried on doing our own thing."

The Chords initially linked up with Sham 69 frontman Jimmy Pursey but by the time their first single, Now It's Gone, was released in 1979, the relationship had soured and they'd gone elsewhere.

"We fell out over a few things," said Chris. "We'd signed to his JP label but fell out two months later and ended up signing for Polydor so he started us off and we carried it through."

Was Pursey awkward to work with then?

"I think we were awkward as well," admitted Chris. "We did a gig with the Undertones and two of the Pistols and caused a bit of a riot. One thing led to another and we parted company."

As it turned out, second single Maybe Tomorrow was to be their biggest hit and somehow that didn't go any higher than No 40 in the charts. And two years later they'd gone their separate ways.

Chris doesn't seem entirely surprised that it was over so quickly though.

"The band was half-imploded when we started – we were four nutty guys going our own way – and you put all of that into the

mix," he said. "I haven't got an answer to why Maybe Tomorrow didn't do anything. That's for other people to judge I suppose."

Though it only reached No 54, 1980's The British Way of Life is now seen as a mod anthem and with its honest look at changing times and cultures, it could have been written today.

"We've been asked to record it for a film this year with the same lyrics to see how, 40 years on, some things have changed and some things haven't changed," said Chris. "I like the song, I like the sentiments in it, and I think it works."

And even now when Chris writes a song, he's driven by real life and real experiences.

"I'm a full-time worker these days," he said. "I work for a charity in the City, so I go to work on the Northern Line so I write songs about going to work, the things we all go and do and about my local area. You write about what you know, don't you?"

A commuter with a 9-5 job he may be, but Chris still loves the thrill of getting up and performing to an audience.

Explaining what the audience can expect at Phoenix Live this weekend, he said: "A full-on rock and roll show with a bit of mod thrown in. We do all the old Chords songs, all the singles, and lots of stuff from the new album and stuff that's been hanging around."

"It's a nice blend because when you go and see a band you want to hear all the old stuff but you also want to hear what they are doing now because as a band, you've got to keep progressing."

■ Advance tickets priced £7 are available from www.wegottickets.com/blackwax

LIVE MUSIC



Black Doldrums play the Bassment in Chelmsford

Black Doldrums, Bassment, Chelmsford, Saturday, February 2

Wet Dream Records have curated this night at the Bassment especially for Independent Venue Week 2019 and have a suitably killer line-up. Topping the bill are Black Doldrums, a London duo who create euphoric, dark-psych and shoegaze with echo-drenched guitars and relentless drums. They're joined by Bury psych band Sun Scream (not to be confused with Essex dance band Sunscreem), five-piece country garage rockers Sleep Eaters and Chelmsford's own Horse Heads who are now signed to Cool Thing Records. The WDR DJs will be spinning the tunes inbetween. Doors open at 8pm.

DOWN THE PUB



Jax & Co, Johnny Cash tribute

IT makes a change to get a bit of traditional country and western in here, so this week we're featuring Jax & Co. The Johnny Cash tribute band are venturing south of their native Suffolk-upon-Nashville roots to appear at the Boars Head, Braintree, on Saturday. GIGS for January 25 to 27

- Star & Garter, Moulsham Street, Chelmsford: Saturday – The Stents
- Cricketers, Southend: Friday – Mr Spankey & the HipThrusters; Saturday – 7786
- Waggon at Wix: Saturday – Gunrunner
- Canvey Corner Club: Friday – Natasha & Neal
- Golden Fleece, Chelmsford: Friday – The Hit List; Saturday – The Earnshaws
- Railway Hotel, Clifftown Road, Southend: Saturday (5pm) – The Jives; Sunday (5pm) – The Roosters
- Boars Head, Braintree: Friday – Buskers Life; Saturday – Jax & Co
- Cow & Telescope, Southend: Friday – Beggar; Saturday – The Strides
- Smugglers Den, Hullbridge: Saturday – Handle With Care
- The Swan, Wickford: Saturday – No More Heroes
- Welcome Club, Stanford-le-Hope: Friday – Solar 9; Saturday – Imagin
- United Brethren, New Writtle Street, Chelmsford: Friday – Jar Records; Saturday – Dave Ferras All Stars; Sunday – Rich Young

STYLE GUIDE

5 key trends for fitness fans

Get in gear with the latest activewear looks. **KATIE WRIGHT** hits the shops

If you're the kind of gym-lover who is constantly in the know about the latest fitness trends and always up for trying a new class, whether it's Australian import F45, Peloton cycling, or the hardcore HIIT-yoga hybrid, chances are your activewear wardrobe is equally on-trend.

So as we get back into our exercise regimes following the festive lull, it's the perfect time to look at the fitness fashion trends that are making waves now, and update our workout wardrobes.

What's in store for 2019? Black takes a back seat for once, as bold prints and pretty colours make a splash.

But don't worry, if all-black everything is your usual MO, there are enough muted hues and minimalist styles in the new season collections to satisfy even the most ardent colour-avoider.

Whatever your workout of choice, here are five fitnesswear trends that are set to take off in 2019...

1 LEOPARD PRINT

ANIMAL print was a huge trend on the autumn/winter catwalks, and now leopard spots have leapt into sportswear collections too.

Matching a printed sports bra and leggings is a fierce way to work the trend, or you could pair leopard leggings with a neon top for a pop of colour.

■ F&F at Tesco leopard print leggings, £16 (in store only)



Multi-strap and lace-up details add interest to an outfit, so you can team an intricate bra with plain leggings for an easy activewear update.



- LORNA Jane Renew sports bra, £49, above left
- FABLETICS Devore seamless sports bra, £26 (£10 for members), above right

3 BALLERINA STYLE
BALLET barre classes continue to be hugely popular (who doesn't want a peachy 'barre bum'?), and now ballerina style is trending too.



That means wrap tops for warm-ups and cool-downs, soft grey tones and lots of pale pink, so you can plie your way to the perfect derriere.

- FatFace Athleisure Marnie Ballet wrap top, currently reduced to £31.50 from £42; Athleisure Esme tapered joggers, reduced to £31.50 from £42 (bag, stylist's own), above left
- Fabletics Eva bomber jacket, £77 (£57 for members), above right



IN an uber sweaty HIIT or hot yoga class, the aim is generally to wear as little as possible while still having a bit of support - strappy sports bras are perfect for this.

Multi-strap and lace-up details add interest to an outfit, so you can team an intricate bra with plain leggings for an easy activewear update.



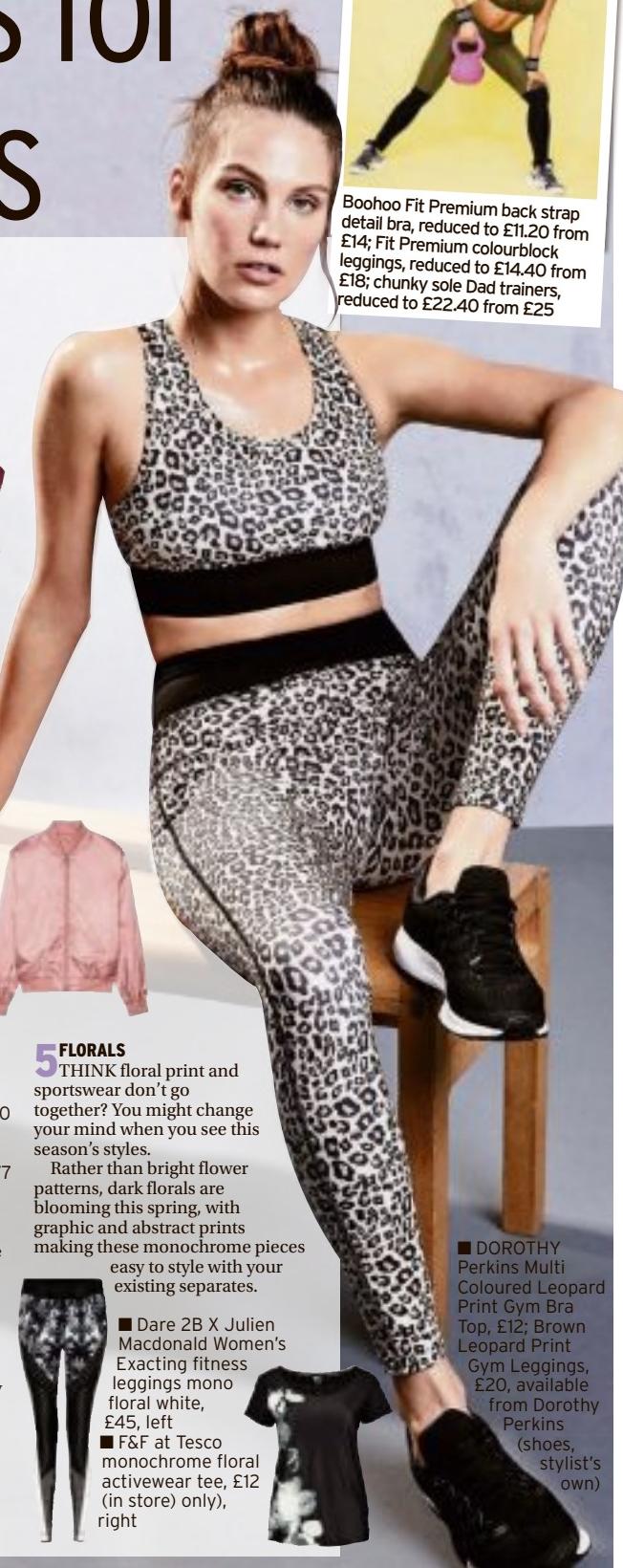
- New Look khaki camo print sports bralette, left, £12.99; khaki camo print sports leggings, £17.99

CRUSH OF THE WEEK

There is already a waiting list for Dune's Loupe sandals, £85, right, which look very like a Hermes designer pair, but they will set you back £490. In store and online soon.



Boohoo Fit Premium back strap detail bra, reduced to £11.20 from £14; Fit Premium colourblock leggings, reduced to £14.40 from £18; chunky sole Dad trainers, reduced to £22.40 from £25



5 FLORALS

THINK floral print and sportswear don't go together? You might change your mind when you see this season's styles.

Rather than bright flower patterns, dark florals are blooming this spring, with graphic and abstract prints making these monochrome pieces easy to style with your existing separates.

- Dare 2B X Julien Macdonald Women's Exacting fitness leggings mono floral white, £45, left
- F&F at Tesco monochrome floral activewear tee, £12 (in store) only, right



- DOROTHY Perkins Multi Coloured Leopard Print Gym Bra Top, £12; Brown Leopard Print Gym Leggings, £20, available from Dorothy Perkins (shoes, stylist's own)

BEAUTY BUZZ

THE LATEST PRODUCTS & GLAMOUR GOSSIP

SO SPA SO GOOD

AWARD-WINNING skincare brand Temple Spa describes itself as a British brand with a Mediterranean heart.

If your peepers need pepping up its **Windows of the Soul Anti-Ageing eye cream** could be worth a go.

Packed with retinyl palmitate and glycerine this hydrating eye cream helps to reduce puffiness and soothe the under eye area, while the velvety texture leaves your skin feeling smoother and tighter. Priced £30, templespa.com



COPY KEIRA'S GLOW

KEIRA Knightley looked stunning at the recent premiere of her new movie Collette. The actress, who is an ambassador for Chanel, got her red carpet glow using the brand's Les Beiges Healthy Glow Foundation in 30 (£40), Joues Contraste Powder Blush in Quintessence (£35), and Baume Essentiel Multi-Use Glow Stick in Transparent (£33).



GET THE LOOK

MEGHAN, Duchess of Sussex, looked radiant at the premiere of Cirque du Soleil's Totem in London.

The 37-year-old, who is expecting her first child with Prince Harry, wore a beautiful Roland Mouret sequined gown.

You can look the part for a less with this Helen Sequin maxi dress by French Connection, was £265, now £119. Get it at french-connection.com



FILM

WITH DAMON SMITH

ALSO OUT THIS WEEK



Clint Eastwood as Earl Stone in *The Mule*
CLAUDE FOLGER

THE MULE (15) ★★★★

Clint Eastwood refuses to follow Robert Redford's lead and glide serenely into self-imposed retirement as he directs and stars in a gently paced thriller inspired by an outlandish true story of opportunistic criminal enterprise.

Adapted for the screen with an exceedingly heavy hand by Nick Schenk, who penned Eastwood's 2008 drama *Gran Torino*, *The Mule* relies on its leading man to inject life into a plodding tale of fractured families and economic strife.

The 88-year-old Oscar winner duly obliges, investing his politically incorrect old coot with rascally charm and old-fashioned grit, which allows a fallen family man to ferry hundreds of kilos of cocaine across Illinois without arousing the suspicions of law enforcement.

Schenk's linear script hammers home the lead character's failings as a husband and father with the subtlety of a battering ram to a rickety wooden door, engineering pointed and frosty conversations between family members.

The trickle of bad blood is neatly and conveniently staunched before the end credits roll, suggesting that crime pays to salve deep emotional wounds.



Nicole Kidman as Erin Bell in *The Destroyer*
SABRINA LANTOS

DESTROYER (15) ★★★★

A tragically flawed Los Angeles police detective seeks redemption on the mean streets where she fell from grace in director Karyn Kusama's gritty crime thriller.

Written by Phil Hay and Matt Manfredi, *Destroyer* opens on the face of a woman, bathed in morning sunlight, regaining consciousness in the front seat of her car.

Heavy circles of tiredness hang under her blinking eyes, her teeth are stained, the skin of her dry lips slightly cracked in the scorching heat and tumbles of greying hair frame her haggard features.

Buried beneath all that despair is chameleonic Oscar winner Nicole Kidman, whose delivers a fearless and uncompromising performance that elevates and illuminates Kusama's uneven character study.



Christian Bale stars as Dick Cheney in Adam McKay's *Vice*
MATT KENNEDY

VICE (15) ★★★★

★★★★

WRITTEN and directed by Adam McKay, whose previous film *The Big Short* brilliantly dramatised the 2008 global financial crisis, *Vice* nervously prowls the corridors of power in Washington D.C. to satirise another true story of malicious meddling and unabashed self-interest.

"Or as true as it can be given that Dick Cheney is one of the most secretive leaders in history," quips an opening title card, which establishes the irreverent tone of a breakneck tour through chapters of recent history including the Gulf War and the September 11 attacks.

For the opening hour, *Vice* is a briskly paced and engrossing portrait of ambition, electrified by an Oscar-worthy performance from Christian Bale, who gained 40 pounds to portray Cheney.

The Haverfordwest-born actor completes his startling transformation with more than 100 pieces of prosthetic make-up to replicate the jowls, jawline and distinctive nose of his subject, who served as vice president to George W. Bush between 2001 and 2009.

Once Cheney achieves his goals, McKay's film leaches dramatic tension.

Narrated by an everyman called Kurt (Jesse Plemons), whose importance becomes clear in the film's final act, *Vice* opens in 1963 Wyoming where the young Dick Cheney (Bale) works on the power lines and drinks to excess.

"Back then, they would have called a guy like him a ne'er-do-well. In today's parlance, they would just call him a dirt bag," explains Kurt.

Dick is a crushing disappointment to 21-year-old sweetheart Lynne (Amy

Adams), whose father also lives by the motto, and she refuses to let history repeat.

"I love you, Lynne," implores Dick.

"Then prove it!" she barks.

In response, Dick secures an internship at the White House where he assiduously aligns himself with Republican Congressman Donald Rumsfeld (Steve Carell).

By playing the waiting game on Capitol Hill, Dick manoeuvres himself into the position of running mate to George W. Bush (Sam Rockwell) during the 2000 US presidential election.

Haunted by his wife's words ("When you have power, people will try to take it from you. Always") Dick positions allies such as Rumsfeld, Scooter Libby (Justin Kirk) and

legal counsel David Addington (Don McManus) in key positions to stop that happening.

Vice takes aim at a dizzying array of easy targets and hits the majority.

Like Gary Oldman's tour-de-force theatrics in *Darkest Hour*, Bale slips beneath the skin of his political puppetmaster with elan, staring defiantly at the camera as he persuades Bush to expand the remit of a vice president so he can "handle the more mundane jobs... military, energy and foreign policy".

Adams is equally compelling as a steely spouse, who expects her man to step up, seize his destiny by the throat and squeeze, hard.



Amy Adams as Lynne Cheney in *Vice*
MATT KENNEDY

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£176	£176	£11,297	£11,121	NIL	£4,536
TOTAL AMOUNT PAYABLE	ANNUAL MILEAGE	EXCESS MILEAGE CHARGE (per mile)	DURATION OF AGREEMENT	FIXED RATE OF INTEREST	REPRESENTATIVE APR (FIXED)
£13,160	5,000	6p	49 MONTHS	3.05%	5.9%

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Representative Finance Example

CUSTOMER DEPOSIT	47 MONTHLY PAYMENTS OF	FINANCE DEPOSIT ALLOWANCE	CASH PRICE	AMOUNT OF CREDIT	FEES
£229 ^{**}	£229	£1,200 [†]	£16,531	£15,102	NIL
OPTIONAL FINAL PAYMENT	TOTAL AMOUNT PAYABLE	ANNUAL MILEAGE	DURATION OF AGREEMENT	FIXED RATE OF INTEREST	REPRESENTATIVE APR (FIXED)
£6,104	£18,296	5,000*	48 MONTHS	4.12%	4.2%



BRAND NEW VAUXHALL MOKKA X 1.4T ECOTECH ACTIVE 5DR

Representative Finance Example

CUSTOMER DEPOSIT	47 MONTHLY PAYMENTS OF	FINANCE DEPOSIT ALLOWANCE	CASH PRICE	AMOUNT OF CREDIT	FEES
£259 ^{**}	£259	£3,500 [†]	£21,048	£17,289	NIL
OPTIONAL FINAL PAYMENT	TOTAL AMOUNT PAYABLE	ANNUAL MILEAGE	DURATION OF AGREEMENT	FIXED RATE OF INTEREST	REPRESENTATIVE APR (FIXED)
£7,149	£23,081	5,000*	48 MONTHS	4.12%	4.2%

BRAND NEW VAUXHALL GRANDLAND X 1.2T SE 5DR

Representative Finance Example

CUSTOMER DEPOSIT	47 MONTHLY PAYMENTS OF	FINANCE DEPOSIT ALLOWANCE	CASH PRICE	AMOUNT OF CREDIT	FEES
£279 ^{**}	£279	£1,400 [†]	£22,151	£20,472	NIL
OPTIONAL FINAL PAYMENT	TOTAL AMOUNT PAYABLE	ANNUAL MILEAGE	DURATION OF AGREEMENT	FIXED RATE OF INTEREST	REPRESENTATIVE APR (FIXED)
£9,880	£24,672	5,000*	48 MONTHS	4.12%	4.2%



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SHOP IT

With Emma Johnson

COSY UP...

As the temperature drops, warm yourself up with one of these toasty treats...

1

YOU GOTTA ROLL WITH IT
This roll-neck jumper, £45, Monsoon, will keep chills at bay

2

PAD THINGS OUT
When you're out and about, this pink satin sheen padded coat from the Tu winter Premium collection will see you right, £75, Sainsbury's stores and online at tu.co.uk and argos.co.uk

3

HAT'S JUST THE WAY IT IS
Add this bobble hat (and matching gloves, not pictured) to your outfit, £25, Marks & Spencer

4

TAKE IT TO THE NECKS LEVEL
Wrap up warm with this scarf, £44.95, Joules

5

OVER YOUR HEAD
Pop this faux fur stole on and keep the heat in, £25.99, Zara

6

NO MEAN FEET
You're guaranteed toasty tootsies in these slippers, £65, JustSheepskin.com

7

SOCK AND AWE
These super long socks will keep your legs warm too, £8.99, H&M

8

ALL YOU NEED IS GLOVES
Freezing fingers will really appreciate this pair of shearling gloves, £29.50, Fat Face

9

LEG IT
Lounge around and heat things up in these sweater leggings, £19.95, Gap

10

CARDIE GLEE
This cardigan is perfect to throw on when you need an extra layer, £60, Monsoon



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BREAKTIME

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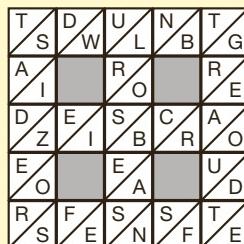
Beginning with the top highlighted letter, follow a continuous path of words associated with the given subject. The trail goes through each letter once, twisting up, down and sideways, but never diagonally.

Elvis Presley songs

J	L	H	H	O	I	N	V	E	G	H	E	T	L
A	I	O	S	E	S	T	S	A	A	S	A	O	K
E	S	U	E	D	E	H	A	L	O	H	R	R	E
R	O	S	U	E	G	H	V	N	U	N	T	B	E
K	C	E	T	N	O	E	I	D	D	O	A	S	R
B	L	U	B	E	D	T	V	G	O	I	T	S	C
L	E	U	R	C	O	T	P	F	A	E	A	S	E
M	Y	Y	S	I	F	E	L	E	L	V	L	I	T
A	W	M	T	L	N	A	R	H	L	O	L	N	T
Y	U	P	E	R	I	A	E	T	I	N	G	I	O
A	K	O	O	Y	T	R	Y	N	A	C	N	I	U
L	W	S	H	T	H	G	O	U	L	S	D	M	S
Y	A	L	L	M	A	I	R	L	O	N	O	N	S
S	M	Y	A	A	M	H	A	A	S	E	T	I	U
O	N	M	I	N	D	T	T	S	O	M	E	G	H

Split Decision

Cross out one of the two letters in each divided square to reveal a completed crossword grid.

**Sudoku**

There is one simple rule in Sudoku. Each row and each column must contain the numbers 1 to 9, and so must each 3x3 box.

Easy

	4				7		5						
3		1	6	2									
8		1				2		9					
	9		2	3	4								
2	6		8		4		3						
	3		7		6		8						
3	6		5		8		2						
2		4		6	5								
5						7	6						

Hard

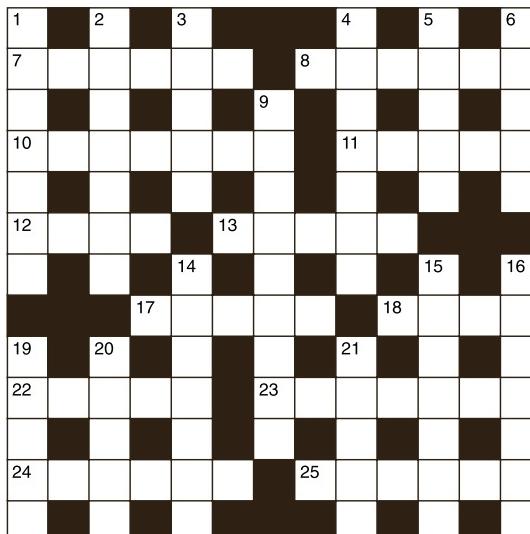
		7	4	9									
3													4
	8		3	6		9							
4			3										9
	2		5	4		1							
8				9									7
	5		6	3		4							
2													3
	4	2	5										

Two Speed Crossword

This two-speed crossword has two sets of clues, but just one grid. If you can't solve the Cryptic clue, try the Quick.

Cryptic**Across**

- Reluctant in the Civil Service to produce materials (6)
- Mineral – definite quantities of it, we hear (6)
- First or second, maybe? That will produce a row in the viva voce (7)
- Breakfast for Sir Francis (5)
- Cattle well turned out (4)
- Almost cover up the debris on the hillside (5)
- Pennsylvania has changed the governor (5)
- Fur coats, one hears, for the spiteful female (4)
- Make amends soon after midnight? (5)
- He takes flight from Yugoslavia to Russia (7)
- Confection that's doubly good in Paris (6)
- About charitable gifts for sovereign states (6)
- Give the reason for a census, by the sound of it (7)
- Splendid time for popular greeting (4,3)
- Object to night shift! (5)
- A slipper from which one drinks! (7)
- One drilling tool – or two (5)
- Ring on a girdle – it's good to breathe in! (5)
- He's a fool to obstruct the principal (9)
- One seaman colleague and many more (7)
- Firearms belonging to one of Falstaff's followers? (7)
- Without stopping to put your thoughts into words (7)
- Taxi near the man who owns it (5)
- Discovered nothing in the kitty (5)
- Determined the dimensions and applied adhesive (5)

**Scribble pad****Quick****Across**

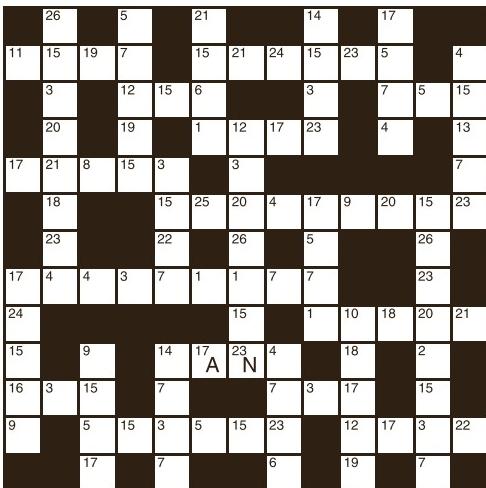
- Fabrics (6)
- Mineral (6)
- Church service book (7)
- Meat (5)
- Tidy (4)
- Rock fragments (5)
- Provincial governer (5)
- Scheming woman (4)
- Expiate (5)
- Pilot (7)
- Sweet (6)
- Kingdoms (6)

Down

- Report (7)
- Greeting (4,3)
- Article (5)
- Glass (7)
- A pair (5)
- Gas (5)
- Stupid person (9)
- Sailor (7)
- Guns (7)
- Communicate (7)
- Taxi driver (5)
- Discovered (5)
- Treated with sealant (5)

Codeword

This puzzle has no clues. Instead, every number printed in the grid represents a letter, with the same number always representing the same letter. For example, if 8 turns out to be a V, you can write in V wherever a square contains 8. Using your knowledge of words, complete the puzzle.



- What is the title of the recent LP from British tenor Alfie Boe, his tenth studio album?
- In which English county is the village of Tolpuddle, famous for its trade union martyrs?
- Which Italian composer wrote The Four Seasons?
- What is the capital of El Salvador?
- Which red supergiant is the second largest star in Orion?
- What is the name of the principal chapel of



Q1 - Alfie Boe

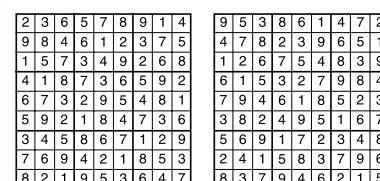
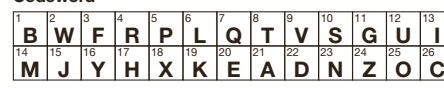
- the Vatican, famous for its ceiling decorated by Michelangelo?
- What is the collective name for Lakes Superior, Michigan, Huron, Erie and Ontario?
- With which musical instrument was Andrés Segovia associated?
- What natural phenomena does a seismologist study?
- In Greek mythology, what was the name of the king whose touch turned everything into gold?

LAST WEEK'S SOLUTIONS**Pathfinder**

France, Austria, Romania, Iceland, Italy, Croatia, Montenegro, Belgium, Finland, Luxembourg, Norway, Malta, Switzerland, Estonia, Sweden, Hungary, Ukraine, Czech Republic, Slovakia, Poland, Greece, Liechtenstein, Spain, Denmark, Monaco, Latvia, Germany, Belarus, Netherlands, Portugal.

Quiz

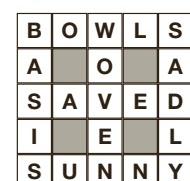
- Poppy Lee Friar; 2 Leo Tolstoy;
- Hawaii; 4 Peter Sellers; 5 The Great Fire of London; 6 Landlin;
- Lincolnshire; 8 Volcanoes;
- Leon Trotsky; 10 Flamenco.

Sudoku**Codeword****Two-Speed Crossword**

Across: 1 Tries; 4 Cashier; 8 Kinsmen; 9 Aspic; 10 Nark; 11 Full stop; 13 Idea; 14 Bows; 16 Advocate; 17 Plan; 20 India; 21 Trestle; 22 Erratic; 23 Break. Down: 1 Taken for a ride; 2 Inner; 3 Sump; 4 Census; 5 Stallion; 6 Impetus; 7 Reception desk; 12 Penchant; 13 Invader; 15 Static; 18 Lithie; 19 Kerb.

Wordsquare

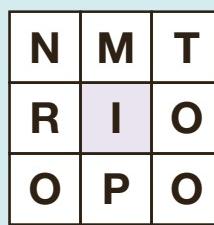
PERSEVERE

Split Decision**Wordsquare**

Give yourself ten minutes to find as many words as possible using the letters in the grid. Each word must use the central letter and at least 3 others, and letters may be used only once. You cannot use plurals, foreign words or proper nouns, but verb forms ending in 's' are permitted. There is one 9-letter word to be found.

How you rate:

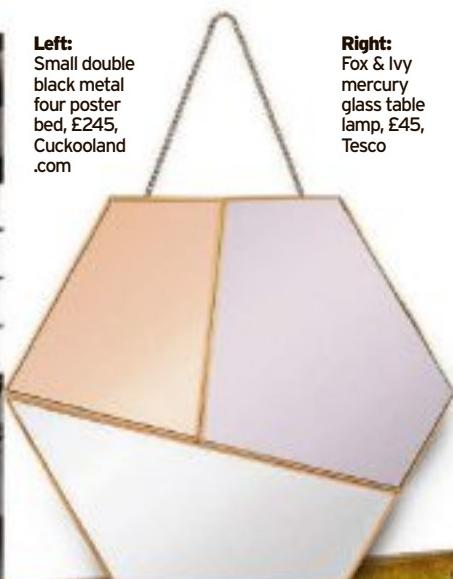
8 words - average; 12 words - good; 16 words - very good; 20 or more - excellent.



SHOP HOME



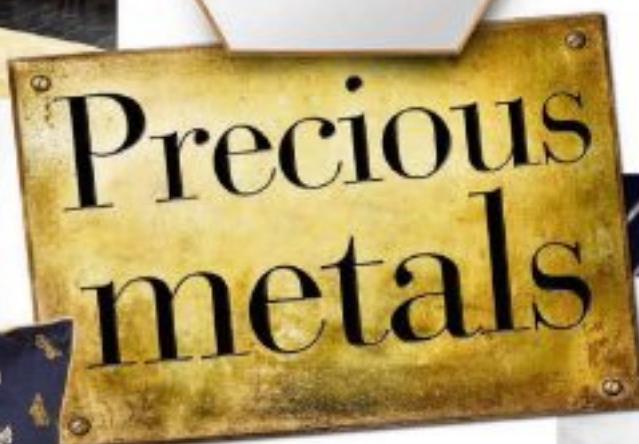
Left:
Small double
black metal
four poster
bed, £245,
Cuckooland
.com



Right:
Fox & Ivy
mercury
glass table
lamp, £45,
Tesco



Above:
Metallic
cushion,
£8, Wilko
Right:
Fox & Ivy
gold foil
butterfly
cushion,
£16, Tesco,



Mixing various metallic looks into your interior design is a great way to add interest to a dull room, says **DAN BEAVAN**



Above: Mind The Gap rust panel wallpaper, sold in a set of three rolls. Each covers 4.65m², £150, roseandgrey.com



Below:
Fox & Ivy gold candle
surround, £6, Tesco

Above:
Soho curtain pole in funk with
chrome finals, prices start
from around £99 for
120cm version,
swish.co.uk

Below: Pink silver
floral mug, £5, Tesco



Compass
clock, £19.99,
T.K Maxx



...REUSABLE WATER BOTTLES



JUST PEACHY
Silicon band water
bottle, £2.50
Primark



FELINE GROOVY
Cat water
bottle, £6
Sass & Belle



HIP & GROOVY
Hip water
bottle, £14.99
John Lewis



TOTALLY WOKE
Pink slogan water bottle, £16
utilitydesign.co.uk


EPPING ROAD £2,200 PCM

- Detached Family Home
- 3/4 Bedrooms
- Three Reception Rooms
- Utility Room
- Large Wrap Around Garden
- Part Furnished
- EPC Rating E
- * Admin Fees Apply
- Large Driveway
- Available Early February
- Must be Viewed


MARKET HOUSE £1,450 PCM

- Two-Bedrooms
- Two-Bathrooms
- Ground Floor
- Kitchen Appliances Only
- Close To Station & Shops
- Gated Property
- * Admin Fees Apply
- Available Now


OLD HARLOW £9,800 Per Annum

- Contained Unit
- Great Location
- Passing Trade
- Available February 2019


ASHTREE FIELD £1,100 PCM

- Two Bedroom Mid Terrace Home
- Popular Location
- South Facing Garden
- Lounge/ Diner
- Close to Train Station, Hospital & Town
- Totally Refurbished
- EPC Rating D
- Available Now
- * Admin Fees Apply


HOLMES MEADOW £1,000 PCM

- Three-Bedroom Home
- One Double & One Single Bedroom
- EPC Rating D
- Gas Central Heating
- Low Maintenance Garden
- Modern Property
- Must Be Viewed
- Available February 2019
- No Children, No Pets, No DSS
- * Admin Fees Apply


BROMLEY CLOSE £900 PCM

- Two-Bed Apartment
- En-Suite To Master
- Must Be Viewed
- * Admin Fees Apply
- Allocated Parking
- Available Now
- EPC Rating E
- * Admin Fees Apply


LAWRENCE MOORINGS £285,000

- Two-Bedroom Apartment
- Ground Floor
- Allocated Parking Space
- Gas Central Heating
- UPVC Replacement Windows
- Security Phone System
- Walking Distance from Train Station

For a full list of all properties available log on to our website:

www.geoffreymatthew.co.uk


WHARLEY HOOK £250,000

- **CHAIN FREE**
- Two-Bedroom Mid Terrace Home
- South Facing Rear Garden
- Two-Bedded Side Bedrooms
- Lounge/ Diner
- Quiet Cul-de-Sac
- Walking Distance to Schools & Amenities


RAM GORSE £300,000

- Three-Bedroom Family Home
- End Of Terrace
- Modern Fitted Kitchen & Bathroom
- Gas Central Heating
- Recently Refurbished Throughout
- Close to Train Station & Town Centre
- NO ONWARD CHAIN


THE CHASE £439,995

- Four-Bedroom Red Brick Town House
- Ground Floor Cloakroom
- Separate Dining Room
- Modern Fitted Kitchen and Bathrooms
- Double Glazing
- Walking Distance of School
- Immediate Occupancy


WATERSMEET £380,000

- Three-Bedroom Family Home
- Semi-Detached
- Modern Fitted Kitchen
- Lounge/ Diner
- Well Decorated Throughout
- Landscaped Garden


CANONS GATE £257,500

- Two-Bedroom Home
- NO CHAIN
- Close to all Amenities
- Large Rear Garden
- Good Size Rear Garden
- Update By Current Owner
- Viewing Recommended


SPINNING WHEEL MEAD £289,995

- Three-Bedroom Mid Terrace Family Home
- End Of Terrace
- Well Presented Throughout
- Receptive Study
- Larger Than Average Bathroom
- Drive (subjected to planning)
- Walking Distance to Schooling


ASHWORTH PLACE Guide price £310,000

- **CHAIN FREE**
- Two-Bedroom Home
- End Of Terrace
- Large Rear Garden
- Double Glazing
- Double Glazing Throughout



Family Home £280,000
Taylifers EPC D

Located on the outer skirts of Harlow is this spacious three bedroom family home offered for sale chain free. The property offers open plan living downstairs and benefits from having a ground floor WC. Internal viewing is advised.

Call 01279 443311



Outskirts Of Harlow £270,000
Sycamore Field EPC D

Offered chain free is this three bedroom middle terrace home located on the outskirts of Harlow. Internally the property needs some updating but offers a good size living accommodation. Call haart today to arrange your viewing. Ref 14882

Viewing Advised



Guide Price £270,000 - £280,000
Backing Onto Open Fields EPC D
Dunstalls

If you are looking for a family home then look no further than this two/three bedroom home with open plan living and a modern fitted kitchen, there is nothing not to like. Ref 14677

Dont Miss Out



Guide Price £250,000 - £260,000
A Great Garden EPC D
Long Ley

Move straight in to this two double bedroom mid terrace home which has been subject to many improvements. The property also benefits from a large rear garden. Ref 14877

One To View



Versatile Living £325,000
Woodcroft

This original two bedroom semi detached home has had many alterations over the years by way of a double storey side and single storey rear extension providing versatile living with up to 4 bedrooms or 2 bedrooms and 3 reception rooms. Ref 14867

Call haart Today!



Fantastic Starter Home
Doulton Close
£285,000
EPC C

This stunning two bedroom end of terrace home is located within the popular development of Church Langley. If you are just starting your property search, then add this to the top of your list. Internal viewing highly advised. Ref 14878

View Today!



A Great Family Home £270,000
Dunstalls EPC D

Are you looking for a home with driving access to North and East London? Then this well presented three bedroom family home could be for you! Ref 14861

A Musr View



Guide Price £290,000 - £300,000
Commuters Delight EPC E
Ram Gorse

Located in a sought after area which is within walking distance to Harlow train station, town centre and PAH is this three bedroom end of terrace family home. Ref 13757

Book Your Viewing Today



Lovely Family Home
Chelsea Gardens
Offers In Excess Of £400,000
EPC C

Tucked away in a cul de sac turning within Church Langley, is this very well presented three bedroom detached family home. The property benefits from two reception rooms, detached garage and ample parking. Ref 14552

View It! Love It!



A Great Place To Start £140,000
Moorfield EPC TBC

Are you looking to get on the property ladder and own a property of your own? Then look no further than this studio flat with separate sleeping area. The property does require some modernisation but would be a great place to start. Call now to view. Ref 14825

See It For Yourself



Guide Price £300,000 - £310,000
Very Well Presneted EPC C
Ram Gorse

This three bedroom home is one to view. This home benefits from a modern fitted kitchen and is located within easy reach to local amenities, Hospital and Station. Ref 14857

Seeing Is Believing



Close To Amenities OIEO £290,000
The Fortunes EPC C

This extended three bedroom end of terrace family home offers good sized accommodation and is located in the Bush Fair area of Harlow, close to William Martin school. Ref 14776

Call Now To View



Guide Price £350,000 - £370,000
Extended Family Home EPC D
Markwell Wood

Located on the outskirts of Harlow near the popular Jacks Hatch area is this extended 3/4 bedroom end of terrace home with drive for two/three cars. Ref 14615

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to achieve the best
possible price

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Howick & Brooker

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**£180,000
BISHOPSFIELD, HARLOW**

- One Bedroom
- Private Garden
- Popular Spot
- End Of Terrace
- Bungalow
- EPC Rating: F



**£205,000
MERCERS, HARLOW**

- Two Bedrooms
- Lounge/Diner
- Lots Of Storage
- Own Garden
- Split Level
- EPC Rating: TBC



**GUIDE PRICE £210,000 - £220,000
CHURCHFIELD, HARLOW**

- Three Bedrooms
- Modern Kitchen
- Long Lease
- Third Floor
- Balcony
- EPC Rating: TBC



**£214,995
BENTLEY DRIVE, CHURCH LANGLEY**

- Two Bedrooms
- Communal Gardens
- No Chain
- First Floor
- Allocated Parking
- EPC Rating: C



**£220,000
BRAGGOWENS LEY, NEWHALL**

- Open Plan Living
- South Facing Balcony
- Allocated Parking
- One Bedroom
- High Ceilings
- EPC Rating: TBC



**£235,000
TICKENHALL DRIVE, CHURCH LANGLEY**

- One Bedroom
- End Terrace
- Own Garden
- Two Parking
- Lounge/Diner
- EPC Rating: TBC



**£260,000
SOPER SQUARE, NEWHALL**

- Two Bedrooms
- Chain Free
- Allocated Parking
- Two Bathrooms
- Share Of Freehold
- EPC Rating: C



**£270,000
WESTFIELD, HARLOW**

- Three Bedrooms
- Semi Detached
- Private Rear Garden
- Modern Interior
- Complete Upper Chain
- EPC Rating: E



**£299,995
EAST PARK, OLD HARLOW**

- Two Bedrooms
- Recently Renovated
- Close To High Street
- Mid Terrace
- Lounge/Diner
- EPC Rating: D



**£299,995
FELMONGERS, HARLOW**

- Three Bedrooms
- Rear Garden
- Mid Terrace
- Stunning Interior
- Conservatory
- EPC Rating: C



**£300,000
MULBERRY GREEN HOUSE, OLD HARLOW**

- Two Bedrooms
- Modern Auction
- Carport Parking
- Access To Garden
- Close To Amenities
- CHAIN FREE



**£300,000
DOULTON CLOSE, CHURCH LANGLEY**

- Three Bedrooms
- Garage & Parking
- Cul De Sac
- Mid Terrace
- Conservatory
- EPC Register: C



**£315,000
NEW ROAD, OLD HARLOW**

- Two Bedrooms
- Victorian Period
- Courtyard Garden
- Semi Detached
- Heart Of Old Harlow
- EPC Rating: TBC



**£325,000
WOODCROFT, HARLOW**

- Three/Four Bedrooms
- Flexible Living
- CHAIN FREE
- Semi Detached
- Extended
- EPC Rating: D



**£327,500
MORLEY GROVE, HARLOW**

- Four Bedrooms
- End Of Terrace
- Two Bathrooms
- Close To Town
- Popular Location
- EPC Rating: D



**£339,995
SAKINS CROFT, HARLOW**

- Three Bedrooms
- Garage & Driveway
- Cul De Sac Spot
- Two Receptions
- Semi Detached
- EPC Rating: TBC



**£365,000
MORNINGTONS, HARLOW**

- Three Bedrooms
- Garage & Driveway
- Conservatory
- Two Bathrooms
- End Terrace
- EPC Rating: E



**GUIDE PRICE £368,000 - £378,000
BURY ROAD, OLD HARLOW**

- Three Bedrooms
- Conservatory
- Garage & Driveway
- Semi Detached
- Two Bathrooms
- EPC Rating: C



**£375,000
DENBY GRANGE, CHURCH LANGLEY**

- Four Bedrooms
- Loft Conversion
- Lounge/Diner
- Semi Detached
- Ensuite & WC
- EPC Rating: C



**£375,000
GOLDCREST WAY, NEWHALL**

- Three Bedrooms
- Two Bathrooms
- Driveway For Two
- Balcony Off Master
- Detached
- EPC Rating: TBC



**£379,999
CANOPY LANE, NEWHALL**

- Four Bedrooms
- Two Bathrooms
- Woodland Views
- Open Plan
- Carport/Driveway
- Downstairs WC



**£380,000
WATERSMEET, HARLOW**

- Three Bedrooms
- Two Tier Garden
- Driveway
- Semi Detached
- Modern Interior
- EPC Rating: TBC



**£395,000
HONOR STREET, NEWHALL**

- Three Bedrooms
- Immaculate Home
- Quiet Location
- Semi Detached
- Two Parking
- EPC Rating: TBC



**£399,995
COOKS SPINNEY, HARLOW**

- Three Bedrooms
- Rarely Available
- Garage & Driveway
- Potential To Enlarge
- Detached Property
- EPC Rating: TBC



**£425,000
COPSE HILL, HARLOW**

- Four Bedrooms
- Semi Detached
- Two Receptions
- Downstairs W.C
- Garage & Driveway
- EPC Rating: TBC

GARDENS

WATCH THE BIRDIES

The lesser redpoll is a tiny finch only slightly bigger than a blue tit
STEVE KNELL/RSPB-IMAGES.COM



AS BIG GARDEN BIRDWATCH CELEBRATES ITS 40TH ANNIVERSARY, THE RSPB REVEALS SOME LESS OBVIOUS SPECIES TO KEEP AN EYE OUT FOR. BY HANNAH STEPHENSON

Some 130 million birds have been counted during the last 40 years of Big Garden Birdwatch, giving the RSPB an astonishing amount of insight into how our wildlife is faring.

While numbers of blackbirds, house sparrows, song thrush, chaffinches and greenfinch have declined over the past four decades, numbers are up on wood pigeons, coal tits, collared doves and magpie.

Since it began, the survey – which invites the public to spend an hour watching and recording the birds in their garden or local green space, then send their results to the RSPB – has highlighted the winners and losers in the garden bird world.

So, you might see plenty of pigeons and magpies, but what are the more unusual varieties you could still spot? The RSPB says look out for these...

1. Waxwing

These starling-sized short-legged birds, with an upstanding, pointed crest, have black throats and wings, with white yellow and red markings and yellow-tipped tails. They don't breed in the UK but are winter visitors, appearing between October and March. In some winters, larger numbers arrive in search of their favourite food – red berries. These events are known as "irruptions" and occur in years when the abundance of berries is too low.

As waxwings will travel long distances in search of food, when they find a suitable tree or bush, they gorge themselves on the fruit. Our native rowan tree is their favourite, but they will happily feast on other red berries such as hawthorn, pyracantha, coto-



Look out for an 'irruption' of waxwings while you're birdwatching this weekend
Andy Hay/rspb-images.com

neaster or rosehips too. This means they can often be found in supermarket car parks.

Waxwings are generally not shy and you can get incredible views up close as they're feeding. They can also be tempted into your garden by cutting apples in half and sticking them onto tree branches or even planting some berry-laden shrubs.

2. Redwing

From the thrush family, the redwing is a winter visitor and enjoys feasting on the seasonal berries the UK's hedgerows, gardens and parks have to offer. Its creamy strip above the eye and orange-red patches under its wings make it distinctive.

Redwings roam across the UK's countryside, feeding in fields and hedgerows but rarely visiting gardens

– except in the coldest weather, when snow covers the fields. Only a few pairs nest in the UK and they feed on berries and worms.

They arrive from September, with most in October and November. They leave again in March and April, although occasionally birds stay later. The very small breeding population in the UK means that birds can be seen all year round. When it's really cold, place apples and pears (cut into half) on your lawn to attract redwings to your garden, along with berry-producing bushes like hawthorn.

3. Fieldfare

Another member of the thrush family, the fieldfare's UK conservation status is red, the highest conservation priority, meaning that the species is globally threatened, and that there's

been a severe decline in the UK breeding population over the last 25 years or longer.

They are large, colourful thrushes which are very social birds, spending the winter in flocks of anything from a dozen to several hundred strong. They feed on insects, worms and berries, standing very upright and moving forward with purposeful hops.

You're most likely to see them in the countryside along hawthorn hedges and in fields. In late winter, they may come into gardens during more severe weather, when snow covers the countryside.

4. Reed bunting

The UK population of reed buntings fell by 31% between 1970 and 2007. This decline has probably been caused by the reduction of damp habitats and food sources on farmland, although there has been a partial recovery over the last 15 years.

Sparrow-sized but slim, with a long, deeply notched tail, the male has a black head, white collar and a drooping moustache. Females and winter males have a streaked head. In flight, the tail looks black with broad, white edges. Provide seed food through the winter with wild bird seed mixtures. When singing, the male is usually perched on top of a bush or reed.

Reed buntings usually only visit gardens in winter or late spring. The majority will be UK residents but a small number may be migrants from Scandinavia. When they do move around, they don't go very far, so they are more likely to be found in rural gardens than in urban areas. The lack of available seeds in the winter is the reason they are more likely to be seen in gardens in the cold season.

5. Redpoll

This tiny finch is only slightly bigger than a blue tit. It is streaky and brown with patches of red on its head and sometimes on its breast. They like to hang upside down to feed in trees. They eat seeds, particularly of birch and alder, plus plants like willow herb and sorrel, but they also visit bird feeders.

In gardens, the best food by far to attract redpolls is nyger seed, which they'll either take from a special nyger feeder (which has tiny seed ports) or direct from the ground, a table or ground tray.

In many areas, winter is the easiest time to see redpolls, after the trees have lost their leaves. They are very gregarious and flocks can number over 100. Having multiple finch feeders for them will allow you to host more redpolls in your garden.

HOW TO GET INVOLVED

This year's Big Garden Birdwatch takes place from January 26-28. To take part, watch the birds in your garden or local park for one hour at some point over the three days, and then send your recordings to the RSPB.

For your FREE 40th anniversary Big Garden Birdwatch pack, which includes a bird identification chart, plus RSPB shop voucher and advice to help you attract wildlife to your garden, text BIRD to 70030 or visit rspb.org.uk/birdwatch.



ANTIQUES FAIR

With Christopher Proudlove

Cartouches at each corner of the scagliola table top show a different figure from the Commedia dell'arte



TABLE TOPPERS

COMPARE the pictures of these two "marble" table tops. Each is an antique, a souvenir of a Grand Tour and worth around £20,000, but one is a ringer, although there's nothing fraudulent about it.

It's not the one inlaid with radiating concentric panels with an amusing image of a mallard swimming among the reeds of a duck pond.

The design was made up of 96 pieces of specimen marbles and hardstones including lapis-lazuli, malachite, Blue John, and Siena and Portor marbles.

And it once belonged to the actor Dirk Bogarde, no less.

The other, equally as beautiful and decorated with a pastoral landscape panel depicting peasants tending cows, a horse and sheep, with a boat on a river and buildings beyond, appears to be inlaid in exactly the same way as the other. But marble it ain't.

It's a tabletop, true enough, but it was decorated using a technique called scagliola - Italian for "chips" - but instead of a pattern using costly and time-consuming pieces of marble, the design is created using a type of gypsum plaster mixed with glue.

Different natural pigments give the various veins and colours of specimen marble and the resulting pastes are applied to pictures and patterns carved into the table top then polished to a smooth, shiny finish.

What makes this example even more significant is the tiny diamond-shaped panel to the upper right of central scene. It reads "Pietro. Belloni. Vallumbrosa. A Florenta. F. Anno. D. 1754".

Don Pietro Belloni, who flourished briefly from 1740 to 1760, was a monk

This week we examine two beautiful 'marble' tabletops and discover the secrets of their talented makers

at the monastery of Vallombrosa near Florence, and an assistant to the Abbot Don Enrico Hugford (1697-1771). Enrico pioneered the art of scagliola, advancing it as a convincing substitute for the mosaic marble pieces made famous by the commissions from the wealthy Medici family.

Both tabletops are as prized today

return was part of the fun.

The scagliola example illustrated is previously undocumented but is believed to be one of a number commissioned from Belloni by a group of friends who were in Rome in the middle of the 18th century.

Actor Dirk Bogarde



The group comprised Joseph Leeson, Earl of Milltown, of Russborough House and Ralph Howard, Viscount Wicklow, of Shelton Abbey, both County Wicklow; Robert Clements Earl of Leitrim, of Killadoon, County Mayo and Sir Matthew Fetherstonhaugh of Uppark, West Sussex.

Their similar tastes are indicated by the fact while in Rome, each commissioned landscape paintings by Claude Joseph Vernet and had their portraits painted by Pompeo Batoni.

Belloni was reputedly slow in achieving such detailed works. In a letter from Sir Horace Mann, the British minister in Florence, to his friend the antiquarian Horace Walpole, himself a Grand Tourer,



The rare mid-18th century Italian Florentine Grand Tour scagliola table top by Don Pietro Belloni, sold for £25,000
PHOTO WOOLLEY & WALLIS AUCTIONEERS

dated July 11, 1747, Mann writes: "Here is a scholar of his (Hugford) but vastly inferior to him and so slow in working that he has been almost three years about a pair for a Mr Leson (sic) and requires six months more".

There are only seven documented table tops by Belloni. The one illustrated here is presumably the eighth and possibly the one missing from the pair made for Lord Clements. It came into its present ownership in 1972, when it was purchased from a London dealer, and was one of the featured lots in a sale of fine furniture at Salisbury, Wiltshire, auctioneers Woolley & Wallis. It sold to an overseas telephone bidder for £25,000.

Dirk Bogarde's table was another highlight of the same auction. Seen in photographs of Nore, the Hollywood idol's country house in Sussex, where he lived from 1962 to 1965, it was treasured enough for him to take it with him when he moved to all his subsequent homes, including his beloved Clermont, the former French farmhouse in Provence, where he lived from 1970 until 1986.

Over the years many leading figures from the world of art and entertainment would have more than likely sat around it, including such stars as Ingrid Bergman, Judy Garland, Vivien Leigh, Richard Attenborough, Charlotte Rampling and Elton John.

Bogarde's final visitor, on the eve of his death in May 1999, was Lauren Bacall, who came for tea at his London flat.

Interestingly, the centre of this table, the panel decorated with the swimming mallard, is an example of micromosaic marble, a term reputedly coined by Sir Arthur Gilbert, who assembled one of the largest collections now on loan to the Victoria and Albert Museum.

The technique was first developed at the end of the 18th century in the Vatican Mosaic Workshop in which tiny, individual pieces of different coloured marble, known as tesserae, were arranged in a mosaic of patterns or images.

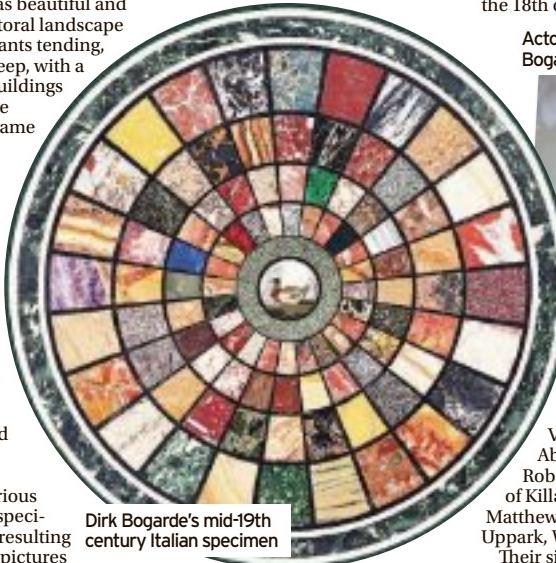
Some tesserae were so small that some micromosaics contained more than 5,000 per square inch and had to be assembled under a microscope.

In the late 18th century, some Vatican mosaicists began to take on private commissions and started workshops of their own, selling micromosaics to dealers and Grand Tourists.

Sadly, most are unsigned.

Their popularity soon spread and gold boxes, jewellery and wall panels were popular with Victorian tourists. The industry continues today.

The Bogarde table, from the collection of the well-known barrister and Oxford fellow Sir Jeremy Lever QC, sold to a continental buyer for £17,500.



Dirk Bogarde's mid-19th century Italian specimen

as they were when they were made.

Many of them were produced as commissions by aristocrats schooled in Greek, Latin and classical literature making the Grand Tour of Italy's museums and architectural sites to further their understanding of classical history. Buying works of art and paintings to furnish their London and country homes on their

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(11) Skoda Fabia 1.2 TSI Monte Carlo 5dr, in red, 1 previous owner, fsh, heated front seats, tinted glass	£5499 or £22pw
(62) Vauxhall Zafira 1.6 i VVT 16v Design 5dr, in bronze, 7 seater MPV, 1 previous owner, tinted glass	£5999 or £25pw
(65) Vauxhall Viva 1.0 SL 5dr, in Carbon Black, 1 owner, fsh, Half Leather, Parking Sensors, Cruise and Climate control	£5999 or £25pw
(64) Smart fortwo 1.0 Grandstyle, in black, one owner, sat nav, pan roof, bluetooth, black alloys, low mileage	£5999 or £25pw
(08) Toyota Prius 1.5 T Spirit CVT 5dr, in blue, great condition, great mileage, full service history, high spec	£5999 or £25pw
(14) Dacia Sandero Stepway 1.5 dCi 5dr, in white, fsh, bluetooth, tinted windows, alloys	£5999 or £25pw
(15) Volkswagen UP! 1.0 Move up! 5dr, in red, full Volkswagen history, 1 owner, great first car	£5999 or £25pw
(14) Nissan Note 1.2 Acenta, in grey, one owner, new shape, bluetooth, alloys, cruise, aux in and more	£5999 or £25pw
(64) SEAT Ibiza 1.2 TSI FR Sport Coupe 3dr, in black, 1 previous owner, sat nav, bluetooth FR body kit	£6299 or £25pw
(13) Fiat 500C 1.2 Lounge 2dr, in red, 1 owner, full fiat service history, bluetooth, half leather	£6299 or £25pw
(13) MINI Hatch 1.6 Cooper (Sport Chili) 3dr, in blue, one owner, bluetooth connectivity, DAB radio	£6699 or £26pw
(65) Fiat 500 1.2 Lounge (s) 3dr, in mint green, one owner, full fiat service history, parking sensors, pan roof	£6999 or £29pw
(15) Suzuki Swift 1.2 SZ3 5dr, in blue, Low mileage, Bluetooth, DAB Radio, Cruise Control, Alloys, Sound System	£6999 or £29pw

CARS PER WEEK

(62) Renault Scenic 1.6 VVT Dynamique Tom Tom 5dr, in silver, 1 previous owner, Sat nav, parking sensors, bluetooth	£6999 or £29pw
(64) Toyota Yaris 1.33 VVT-i Icon 5dr, in black, great condition, very low mileage, £30 a year road tax	£6999 or £29pw
(62) Honda Civic 2.2 i-DTEC ES 5dr, in black, climate control, alloys, full service history and much more	£6999 or £29pw
(63) Ford B-Max 1.4 Zetec 5dr, in silver, full service history, parking sensors, electric folding wing mirrors, DAB	£6999 or £29pw
(15) Smart Fortwo 1.0 Prime (s/s) 2dr, in silver, low mileage, sat nav, pan roof, heated leather seats	£7499 or £34pw
(15) Vauxhall Insignia 2.0 CDTi ecoFLEX Design 5dr, in silver, 1 previous owner, full service history, cruise, hill start	£7699 or £36pw
(64) Volkswagen Caddy 1.6 TDI C20 Panel Van, in white, one owner, fsh, Bluetooth, alloys, cruise control	£7699 +VAT or £36pw
(61) Nissan Qashqai 1.5 dCi N-TEC 2WD 5dr, in black, 1 previous owner, sat nav, reversing camera, Pan Roof and more	£7999 or £40pw
(13) Renault Megane 1.6 GT Line TT Convertible, in grey, Sat Nav, Bluetooth, Half Leather, Pan Roof, Electric Fold Wing Mirrors	£7999 or £40pw
(15) Honda Jazz 1.4 i-VTEC ES Plus 5dr, in brown, alloys, climate control, privacy glass, cruise control, fdsh	£7999 or £40pw
(63) Renault Captur 0.9 TCe Expression +, in blue, Full service history, Bluetooth Connectivity, Cruise Control and more	£7999 or £40pw
(15) Renault Clio 0.9 TCe Dynamique S Nav 5dr, in red, one owner, full service history, Sat nav, parking sensors	£7999 or £40pw
(66) Peugeot 208 1.2 PureTech Active, in black, one owner, low mileage, full service history, parking sensors and more	£7999 or £40pw
(13) Ford S-Max 1.6 TDCi Zetec 5dr, in silver, 1 owner, full service history, parking sensors and more	£7999 or £40pw
(63) Ford Focus 1.0 SCTi EcoBoost Titanium Navigator, in red, full service history, sat nav, cruise, parking sensors	£7999 or £40pw
(15) Volkswagen Polo 1.0 TSI BlueMotion Tech SE, in white, 1 previous owner, full service history, great spec and more	£8499 or £41pw

CARS PER WEEK

(15) Ford EcoSport 1.0 EcoBoost Titanium, in black, Parking sensors, bluetooth connectivity, Aux in and more	£8699 or £42pw
(15) Nissan Pulsar dci N-TEC, in blue, 1 owner, sat nav, reversing camera, bluetooth, DAB radio and more	£8699 or £42pw
(10) Nissan Qashqai 1.6 TEKNA, in black, full dealer service history, sat nav, pan roof, leather, top spec	£8699 or £42pw
(15) Vauxhall Zafira Tourer 1.4 Turbo Exclusiv, 7 seater MPV, in black, low mileage, one previous owner, parking sensors	£8999 or £43pw
(65) Vauxhall Zafira Tourer 2.0 CDTi Exclusiv 5dr, in Hazelnut brown, 7 Seats, Parking sensors, DAB Radio, cruise and more	£8999 or £43pw
(66) Peugeot 2008 1.2 PureTech Allure 5dr, in black, half leather, parking sensors, climate control, alloys	£8999 or £43pw
(11) BMW X1 2.0 18d SE xDrive 4x4, in grey, parking aid, tinted windows, AWD and much more	£9299 or £43pw
(64) Vauxhall Mokka 1.4 Turbo SE 5d, in Orange, leather upholstery, cruise control, parking sensors	£9499 or £44pw
(64) Seat Altea XL 1.6 TDI CR I-Tech DSG Auto, in blue, Rear Entertainment system, Sat Nav, Bluetooth, Hill Hold, Tinted Windows	£9699 or £46pw
(15) Mazda 6 Sport Nav saloon 4DR, in white, one previous owner, leather, nav, sensors, cruise control and much more	£9999 or £50pw
(66) Nissan Juke Acenta petrol, in black, one owner, full Nissan history, still under Nissan warranty till 2019 only 10k miles	£9999 or £50pw
(64) Citroen Picasso Exclusiv SDR MPV, in grey, Nav, Bluetooth, Rear camera, panoramic dash and more	£9999 or £50pw
(63) Audi A4 Avant SE technic estate, in grey, leather, sat nav, Bluetooth, parking sensors and many factory extras	£10699 or POA
(65) Volkswagen Golf 1.6 TDI BlueMotion Tech Match DSG, in red, top spec, one owner, Parking sensors, cruise, Bluetooth	£10699 or POA
(14) Citroen Grand C4 Picasso Exclusive+ 7 Seater Diesel Auto, in bronze, full Citroen history, Nav, pan roof, leather trim	£10999 or POA
(16) Vauxhall Mokka 1.6 CDTi SE 5dr, in black, RARE car, top spec, Heated seats, leather trim, parking sensors, cruise	£10999 or POA
(14-16) Nissan Qashqai new shapes, Choice of 6, Pan roof, Sat nav, Bluetooth, Rear camera, cruise control and more from	£10999 or POA

CARS PER WEEK

(65) Vauxhall Zafira Tourer 1.4 Turbo SE, in black, 7 seats, Half Leather, Parking Sensors, 1 owner, fsh, 20k miles	£10999 or POA
(61) Mercedes-Benz 3.0 E350 CDI Sport, in black, 18" alloys, leather, heated front seats, bluetooth connectivity	£10999 or POA
(65) Nissan Qashqai 1.5 dCi NTEC+ 5r, in black, Sat Nav, Pan Roof, Parking Camera, 1 owner, fsh and more	£11299 or POA
(62) BMW 5 Series 520d M Sport Diesel Auto, in Grey, sat Nav, Bluetooth, full black leather, parking sensors, cruise control	£11699 or POA
(16) Skoda Yeti SE Outdoor Petrol 5DR, in grey, One Owner, Full Skoda History, parking sensors, Bluetooth, tinted windows	£11999 or POA
(15) Mercedes-Benz 1.5 A180 CDI Sport 5dr, in black, fdsh, one owner, Half Leather, Bluetooth, Cruise, Hill Start and more	£11999 or POA
(65) Audi A3 1.4 TFSI SE Petrol, in grey, one owner, full service history, Bluetooth Connectivity, DAB Radio, Alloys and much more	£11999 or POA
(64) Volkswagen Touran Tech SE DSH 7 Seater Diesel Auto, in blue, One previous owner, Bluetooth, alloys and more	£12999 or POA
(14) Skoda Superb 2.0 TDI Elegance 5dr, in blue, one owner, fdsh, Sat Nav, bluetooth, alloys, climate control	£13699 or POA
(15) Ford Kuga 2.0 TDCi Titanium X, in grey, full service history, one owner, Leather Upholstery, Heated Seats, Pan roof, Sensors	£13999 or POA
(65) Lexus CT 200h 1.8 Advance HYBRID, in black, Top Spec, Sat Nav, Bluetooth, Parking Sensors, Heated Seats, Elec folding mirrors	£13999 or POA
(67) Vauxhall Zafira Tourer 1.4 iTurbo SRi, in blue, 7 seats, Leather, Parking sensors, Cruise, DAB radio, Hill Start Assist	£13999 or POA
(44) Jeep Cherokee Limited, in blue, low mileage, one owner, Sat nav, Bluetooth, leather, cruise control and much more	£14699 or POA
(65) Ford Kuga 1.5 EcoBoost Titanium X AWD 5dr, in grey, one owner, Pan roof, leather, heated front seats, DAB radio	£16999 or POA
(13) Toyota Prius + T Spirit petrol auto, in blue, full service history, hybrid, 7 seater, nav, pan roof and much more	£17999 or POA
(66) Ford Tourneo Custom 310 Titanium TDCi, in black, front and rear parking sensors, full leather, 9 seater	£17999 or POA
(65) BMW 6 Series Grand Coupe 640d M Sport, in blue, diesel, auto, sat nav, heads up display, full leather top spec	£22999 or POA

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TEST DRIVE

Aston Martin Rapide S



AT A GLANCE

■ Model:	Aston Martin Rapide S
■ Price:	£149,500
■ Mechanical:	560ps, 5,933cc V12 petrol engine driving rear wheels via 8-speed automatic transmission
■ Max Speed:	203mph
■ 0-62mph:	4.4 seconds
■ Combined MPG:	22mpg
■ Insurance Group:	50
■ CO2 emissions:	300g/km
■ BiK rating:	37%
■ Warranty:	2yrs/unlimited miles

STYLISH NEW RAPIDE

BY ROBIN ROBERTS

Fortunate enough to buy a high performance coupe, the Aston Martin Rapide S will surprise and must be on your list.

Not only does it carry the highly desirable Aston Martin name, but the sleek coupe hides four passenger doors and four figure-hugging seats with reasonable room inside so it's more practical than you might expect, and the bootspace is also eye-opening.

The successor to the original Rapide from 2010, the S version was launched four years ago but it can still match newer rivals with its head-turning styling and breathtaking performance.

It's a big car over 5m long but you need that to fit in the 6.0-litre V12 engine, four seats and still have room to relax as you waft along country or main roads.

The Rapide S was the first to be fitted with a new eight-speed ZF automatic gearbox with a compact design and light weight feeding the 560PS to the rear wheels and it is a perfect match to the big engine.

Gear changes are quick, very smooth, and can be left to shuffle about or brought into play with paddles on the steering column. The long gearing also means the Rapide S fuel consumption is reduced over the previous model and we saw up to 24mpg before calculating an average 22mpg.

Behind the wheel the feedback is remarkably good, absolutely the right weight for any situation, even if the turning circle is quite big in town or when parking and it did not suffer

any vibration or kickback.

A car with all this power underfoot requires the massive brakes of the Rapide S and it needed only gradually increasing pressure on the pedal to bring about a very rapid deceleration from any speed with utter control and no sign of fading. The parking brake also securely held it.

The adjustable suspension has three settings and permits a finely tuned set up to match prevailing road or driving preferences so you're not stuck with a wallowing wagon or a track-tuned boneshaker as in some rivals. It really is highly sophisticated in the suspension department.

Secondary controls are grouped

around the steering column and wheel, or on the big central console finished in smart piano black, and while they look a bit too glitzy for my taste, they are well placed and straightforward to understand and use. The automatic transmission is selected via buttons on the upper face of the console and elementary.

I liked the big instruments directly in front of the driver for road and engine speed and they clearly displayed readings. The heating and ventilation had smaller knobs but the system worked very well, quickly warming or chilling the cabin and maintaining a desired temperature.

Oddments room was modest with

slim compartments and you really have to think about what you might want to take and keep close in the cabin but the nominal boot space was good behind the deep rear sill under the fifth door and the capacity more than doubled when the rear seat-backs were dropped, although the floor was not flat.

In any coupe, visibility is an issue and the Rapide S was no exception with only a limited view through the back window or to the rear flanks so it has a full set of sensors but no camera. The view to sides and front was much better and the very bright headlights and big wipers did good jobs.

The insulation of the cabin is cosy and the four seats really hold you very well and with excellent support in front but less under the thighs in the back two bucket seats. There is plenty of adjustment range on the front pair but anyone over a teenager or short adult in the back would need some compromise from a front seat occupant to be comfortable on a long journey.

The Aston Martin Rapide S makes a glorious sound when started and just the right amount of engine noise permeates the passenger space on the move, even when the throttle pedal is pushed hard. There are wonderful deep bellows to the engine note and crackles as you back off but they are all very satisfying.

Less so is the amount of road rumble and suspension bump thump which finds its way into the car. They are big wheels and tyres in closely fitting wheel arches so the sound is magnified. On smooth roads it's not a problem or noticeable in particular, but over the UK's poorer tarmac terrain it does become intrusive. Wind and other mechanical noises are almost silent so the road noise, when it occurs, stands out.

We did not have an opportunity to test the top speed of the Rapide S but it was certainly very quick and composed from rest to high speed and it maintained the legal maximum 70mph with a resigned and relaxed gait which also stretched the economy.

Owning an Aston Martin Rapide S would not be cheap with about £120 needed to refuel it for about 450 miles at a time but there are few better ways to cover distance in a real grand tourer tradition.



TEST DRIVE

Lexus RX L

LEXUS LUXURY



AT A GLANCE

- Model: Lexus RX L Premium Hybrid Seven-Seater
- Price: £61,995
- Mechanical: 359bhp 3,456cc V6 24-valve normally aspirated petrol engine combined with two electric motors driving front wheels via CVT transmission
- Max speed: 112mph
- 0 to 62mph: 8 seconds
- Combined mpg: 47.1
- Insurance group: 43E
- CO₂ emissions: 138g/km
- BIK rating: 28%
- Warranty: 3yrs/60,000

BY DAVID WARD

LUXURY always comes at a price in the car world and when Toyota's up-market brand Lexus launched a seven-seater version of their RX Sports Utility Vehicle some motorists no doubt winced at its £61,995 price tag.

Yet for buyers looking at seems to be an ever growing sector of big SUVs, it's still good value for money when compared to rivals, mainly from German car makers.

In truth many such buyers often opt for the alternative five-seater versions, simply because those two extra small seats in effectively the boot are more child-like size rather than for adults and in the case of this Lexus RX save themselves over two grand in the process.

To gain those extra pair of rear Lexus engineers added an extra 110mm behind the rear wheels and to make its young occupants not having any inferior complex the seats are leather like the rest in the car plus they've their own air conditioning too.

Getting in and out of that third row has often been a bugbear for passengers in the past but credit to the Lexus backroom team the second row of seats bow and slide at the touch of an electric button for easy access.

It's all clever stuff and for the family man with toddlers it's an ideal solution and even when occupied there's still 495 litres of boot space to play which increases to 966 litres with the second row of seats down too.

The question of what to do with the tonneau bar when needing all that extra luggage space again this RX L Premier, as it's called, can simply be solved by storing it under the boot floor.

Aside from all such practicalities the real truth if that this new flagship from Lexus is the definitely 'the bee's knees' when it comes to ultra luxury and comfort and in my view in this respect best of the current bunch of big SUVs on the market.

For starters it's luxuriously kitted out with top quality leather and the like in terms of furnishings and fittings making it probably the best interior finish in its class and equally so for the ride with excellent lumbar supporting seats (choice of heated or cooled in the front) and the whole

ambience of the cabin is one of sheer luxury.

Toyota/Lexus have stuck to the hybrid route for some time and the power train in this RX L is exceptionally good, powered by a 3.5-litre V6 petrol engine supported by two electric motors that's smooth and responsive and this model has the added advantage of opting for four-wheel-drive mode too.

Combined power output is 303bhp (259bhp from the naturally aspirated petrol engine) with the power delivered so smoothly and efficiently and superior to most rivals.

Start up is in purely electric mode and once the driver pushed the accelerator down the petrol engine takes over in what is a seamless transaction and for any newcomer to

the hybrid world this may seem strange initially but within a short while the switch between electric and petrol power will become so natural.

The ride is good with the suspension coping so easily with the more uneven road surfaces and for the driver the steering is precise with plenty of feedback too.

It may seem incredible that with a car weighing almost 2.3 tonnes it might appear to be a real heavyweight on the road but in fact it doesn't feel as you are driving such a big car.

In town and city stop/start traffic the hybrid comes into its own and makes driving such a large car in difficult traffic conditions so easy and relaxing with the CVT transmission

again so smooth and quiet moving up and down the gears.

Out of all the congestion and driving at motorway speeds the Lexus comes into its own as an outstanding long distant cruiser, soaking up the miles with total ease with quietness and refinement.

Lexus claim the combined mpg is 47.1 dropping to 44.8mpg in town so achieving spot on 50mpg on two decent long runs was remarkable and again dropping to the 45.2mpg mark with two tortuous cross London city drives.

Most of the driving was on Eco mode and with an EV mode button the driver can switch the car to all electric power meaning in city traffic it can easily be driven at low speeds and over short distances - the big advantage of being a full hybrid car.

Final point about the cabin and in particular for the driver the controls and dials are easy to use as is the infotainment screen with everything at the finger tip, excellent navigation system, loads of on-board safety features and many electronic driving aids as one would expect in a car of this stature.

Yes, it's expensive but no more so than rival SUVs but as they old saying goes 'you do get an awful lot of motor car for your money.'

Most buyers will probably do it on attractive PCP deals while as a company car with a full hybrid system it means the tax man will take less each month.

As for the choice of five- or seven-seater it's really down to individual choice and circumstances because driving either is much the same - either way as a buyer you won't be disappointed in my view.



FIRST DRIVE

Jaguar XJ50



FIFTY UP FOR XJ

BY CHRIS RUSSON

IT'S 50 years since Jaguar launched the XJ saloon and while the car may have changed significantly over eight generations it remains the flagship of the Fast Cat brand.

And to mark half a century of production the British car maker is releasing a special edition run of XJ50 models – decked out to the nines.

Like all other versions of the XJ on sale in the UK it is diesel only and powered by a 3.0-litre V6 developing a healthy 300ps.

Priced from £74,280 in short wheelbase form or £77,280 for the long wheelbase model we tried, it is sumptuously equipped and sits at the top of the current XJ line up.

Jaguar first introduced diesels back in 2003 on the now defunct X-Type and since then they have featured in

all its saloons and estates and the latest is as clean as they come with emissions of just 155g/km.

Compare that to the 264g/km CO₂ rating of the 5.0-litre V8 version of the XJ and the difference in fuel economy is obvious. The XJ50 has an official fuel figure of 48 miles per gallon – and that's almost twice as many miles per tank as you would get from the V8.

Real world use saw an average return close on 40mpg from the XJ and it's no slouch either with a 0 to 60 time of 5.9 seconds and a maximum of 155mph.

The XJ50 is based on the Premium Luxury version of the XJ and comes with the likes of quilted soft leather upholstery, heated and cooled front seats, privacy glass and plenty commemorative reminders of its lineage such as illuminated XJ50 kickplates.

Other distinctive features include

front and rear bumpers from Autobiography models, 20-inch alloys and XJ50 badging on the boot and front wings.

There's also a high end 825 Watt Meridian surround sound system, blind spot and reverse traffic warnings and a 360 degree parking camera set up while in the back the XJ50 has a fold-down central armrest, individual air conditioning controls and fold out display screens and picnic tables.

Options on the XJ50 we tried included an upgraded sound system at more than £4,000, a dual view touchscreen at £615 and parking assist technology which added another £1,190 taking the total to a heady £90,625.

That places the special XJ well and truly in luxury limousine territory and for a car that was first seen almost 10 years ago it can still hold its own against the likes of the Mercedes

S-Class and Audi A8.

That said, the XJ is showing its age and a new model which is likely to include electric power is in the wings.

With Jaguar and sister brand Land Rover having to compete in a market that has seen a sharp reduction in diesel sales and a slump in global demand such a power option is vital.

Nevertheless, the XJ50 is a splendid example of the company's expertise.

What started back in September 1968 with the first XJ went on to spawn the second generation model in 1973, the third in 79, the XJ40 in 86 to be followed in the 90s with the X300, the X308 in 98 and the X35d in 2003 before the arrival of the current X351 in 2009.

The XJ has become a marker for British innovation. Over the years it has been the world's only mass-produced 12-cylinder four-door car and, with a top speed of 140mph it was also the fastest four-seater of its time. The Series 2 was the first to offer a two-door coupe model in 1975 and the XJ40, in production for eight years from 1986, introduced the celebrated 'J' gate gear shifter and self-levelling suspension.

An aluminium monocoque bodyshell helped reduce the XJ's weight by 40 per cent from 2003, before the current XJ model brought additional technologies such as all-wheel drive and a virtual instrument cluster.

And its success has not been confined to the road appearing in a number of hit movies including Love Actually, The Long Good Friday and in James Bond films.

As Ian Callum, Jaguar's design director who created the current model, said: "Spanning half a century, the Jaguar XJ remains true to its heritage with a wonderful balance of beautiful design, intelligent performance and indulgent luxury that ensures it stands out from the crowd. This is a car worth celebrating and the XJ50 pays homage to a giant within the Jaguar brand that we believe is one of the world's most stylish sporting saloons."

That all puts the big Jaguar saloon in an enviable position of being loved by the rich and famous as much as the everyday driver and business executive – qualities the new XJ is sure to embody.



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Any Condition
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High Road, Broxbourne, Hertfordshire, EN10 7DD

Headteacher: Ms P Humphreys BSc MBA

Tel: (01992) 411060

www.broxbourne.herts.sch.uk



MUSIC ADMINISTRATOR / FINANCE ASSISTANT

Required as soon as possible

(once all necessary recruitment checks have been completed)

Salary range: H3 Point 14 to 17: £18,538 to £19,529 (FTE)

Actual salary range: £10,403 to £10,959 per annum

Hours of work: 25 hours per week (term time only) 9.00 am to 2.00 pm (Monday to Friday)

We wish to appoint a Music Administrator/Finance Assistant. You will be required to liaise with the music department staff and oversee the administration of private music tuition. You will also assist with the preparation of monies for banking and processing of purchase orders/invoices using PS Financials software. As part of a friendly department, you will receive full training. The successful applicant will also be required to undertake a First Aid training course and act in a reserve capacity to the school's full time First Aider.

Further details and an application pack can be downloaded from the school website (Contact Us/Vacancies). Electronic applications can be submitted via recruitment@broxbourne.herts.sch.uk.

Closing: 7th February

We are an Equal Opportunities employer. The school is committed to safeguarding and promoting the welfare of children and young people and expects anyone applying to work in our school to share this commitment. All appointments are subject to pre-employment checks, including a satisfactory enhanced criminal records with Barred List check through the DBS service.



HTS (Property & Environment) Ltd

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HTS (Property & Environment) Ltd has been set up by Harlow District Council to provide housing repairs & maintenance and environmental services.

Working in the Parks and Landscapes Section, you will carry out tree works safely and according to specifications. Your duties will include but will not be limited to: climbing trees; carrying out pruning, felling and dismantling trees using hand and power tools; planting trees, shrubs and hedging; clearing windblown trees, brushwood and arisings from tree works operations.

Should you be interested in the above role and would like a copy of the job description and personal specification please call Charlotte Askew on 01279446968. Please submit an up-to-date CV with 2 sides of an A4 sheet explaining how you meet the points set out in the Person Specification to hr.admin@htsgroup ltd.co.uk or post to HR & Communications Coordinator, HTS (Property & Environment) Ltd, Mead Park Estate, Harlow Essex CM20 2SE



Closing date: 31st January 2019

Interviews: 8th February - 15th February 2019

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A detailed knowledge of house construction will be required.

Must hold a full driving licence, own transport and be prepared to travel.

Preferably local to Ingatestone and flexible on working hours.

Please email details of your experience and qualifications to

pauline.biscoe@mvcfinance.co.uk

No agencies. No direct calls.

SIMMTRONIC LIGHTING CONTROLS

Hoddesdon Hertfordshire Production Assistant

Simmtronic manufactures and supplies advanced lighting controls to prestigious commercial office developments in central London and surrounding areas.

The company is successful, privately owned and currently employs over 100 people in a friendly team based environment.

We seek local applications from those able and eager to learn, and offer the chance of building a future within the company.

Production Shop floor

Manufacturing a wide variety of lighting control products on a project basis.

Associated duties: Goods in/out

Previous experience for this role would be an advantage, but not essential

Applications in writing including CV to:

job109.recruit@simmtronic.com



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British made headwear brand and manufacturer seeks a sales-driven, confident, motivated, hardworking and outgoing individual to join our team. Experience in sales essential.

Based in Colliers End SG11, near Ware.

It is a rural location and you will need your own transport.

Flexible hours over a full time contract. Competitive salary. Small friendly team.

Some of the sales are with existing contacts via email/tel, and some meetings in person. There will be a need to attend some trade shows in UK/abroad.

Please email CV to admin@lairdhatters.com and availability for interview.

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- Answering phone calls and taking messages
- Filing and post
- Ordering equipment and services
- Preparing purchase orders
- Processing invoices
- Managing meeting room bookings
- Preparation of reports

Qualifications:

- Experience in a similar role
- NVQ Level 2 or higher
- Good Communicator
- Well Organised
- IT literate
- Familiar with Word and Excel

To apply please forward your CV with a covering letter to recruitment@pellfrischmann.com

General

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Full time & part time bright & enthusiastic people required to help and support our sales team in one of our busy local offices. Role will include viewings, telephone work, canvassing & general office administration. Experience is not essential as full training will be given.

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and petrol engines,
1 inch to 3 inch traction engines.

Vintage toys and model workshops cleared.
Cash paid.

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01438318734 or 07988559201

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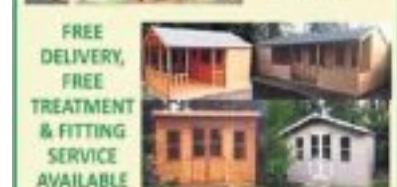
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Business

Public Notices

LICENSING ACT 2003 APPLICATION FOR A PREMISES LICENCE

Name of Applicant:
Malthurst Petroleum Limited
Address: MPH Linkway, Kitson Way,
Harlow, CM20 9RH.

Licensing Authority:
Harlow Council
Licensing Authority Address:
Licensing Team, Harlow Council, Civic
Centre, The Water Gardens, Harlow, CM20
1WG (where a record of the application
may be inspected during normal office
hours).

Licensing Authority Website:
www.harlow.gov.uk

The applicant has applied to the Licensing
Authority for a premises licence for the
above premises for the following licensable
activities:

1. The sale of alcohol between the hours
of 0000 and 0200 daily for consumption
on the premises.
2. The provision of late night refreshment
between the hours of 2300 and 0500
daily.

Any person or responsible authority (as
defined by the Licensing Act 2003) may
make representations to the Licensing
Authority no later than 12 February 2019.

Any representations made to the
Licensing Authority must be in writing.
It is an offence to knowingly or recklessly
make a false statement in connection with
an application and the maximum fine for
which a person is liable on summary
conviction for the offence is an
unlimited fine.

Dated: 15 January 2019

Winchworth Sherwood LLP,
Minerva House, 5 Montague Close,
London, SE1 9BB.
Ref: EMF/28989/205/RP.
Solicitors and authorised agents
for the applicant.

MARION JUNE READ (otherwise Maiden name: BAILEY) (Deceased)

Pursuant to the Testee Act 1925 any
persons having a claim against or an
interest in the Estate of **J E FIR PARK,
HARLOW CM19 4JZ**, who died on
10/07/2018, will be sent
written particulars thereof to the
undersigned on or before 25/03/2019,
after which date the Estate will be
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FRANCIS NICHOLAS READ,
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Road, Tonbridge, Kent TN11 9NU.

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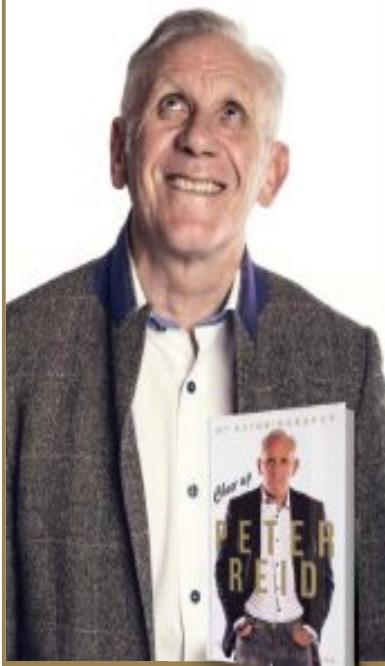


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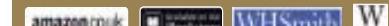
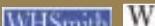
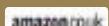
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Essex County Council

(Various Roads, Harlow) (Bus Lane) Order 201*

Notice is hereby given that Essex County Council proposes to make the above Order under Section 1(1), 2(1) to (3), 3(2) and Parts III and IV of Schedule 9 of the Road Traffic Regulation Act 1984.

The effect of the Order: To revoke part of the existing length of bus lane on the south side carriageway of First Avenue/Mandela Avenue in the District of Harlow:

Road

First Avenue/ Mandela Avenue

(Southern side of

carriageway)

Description

From a point approximately 1422.5 metres from the centre of the First Avenue Mandela Avenue/Fourth Avenue/A1019 Velizy Avenue/A1019 Fifth Avenue roundabout, in an easterly direction for approximately 111.7 metres.

The Essex County Council (Various Roads, Harlow) (Bus Lane) Order 2016 is hereby revoked. The restrictions contained within the aforementioned order shall remain in force by virtue of this new order.

Further details: A copy of the draft Order, a copy of the order to be revoked, a copy of this notice, a map illustrating the proposal and a Statement of Reasons may be examined at all reasonable hours at Essex County Council, County Hall, E block main reception, Market Road, Chelmsford; Harlow District Council, Civic Centre, The Water Gardens, Harlow and at Harlow Library. These documents can also be viewed on the Essex Highways website: <http://www.essexhighways.org/Transport-and-Roads/Highway-Schemes-and-Developments/Traffic-Regulation-Orders.aspx>

Objections: Anyone who wishes to object to the proposed Order should send the grounds for their objection in writing to 'TRO Comments, Network Assurance, A2 Annexe Seax House County Hall, Victoria Road South, Chelmsford, Essex, CM1 1QH' or e-mail to TrafficRegulation.Order@essexhighways.org quoting reference TRAF/6892 by 15 February 2019.

Essex County Council, Network Assurance, A2 Annexe, Seax House, Victoria Road South, Chelmsford, Essex CM1 1QH
Telephone: 0345 603 7631
Website: www.essex.gov.uk/highways

(Hoe Lane, Nazeing)

(Temporary Prohibition of Traffic) Order 2019

Notice is hereby given that the Essex County Council has made the above Order under Section 14(1) of the Road Traffic Regulation Act 1984.

Effect of the order: To temporarily close that length of Hoe Lane, Nazeing in the District of Epping Forest, from a point approximately 305m northwest of its junction with Palmers Grove for a distance of approximately 210m in an easterly direction. The closure is scheduled to commence on 28th January 2019 for 17 days, or where stated on a valid permit (KA010GCM003037 - Gigaclear Limited). The scheduled dates may vary for these works with appropriate signs showing and/or displayed on www.roadworks.org. The closure is required for the safety of the public and workforce while works to install fibre optic broadband are undertaken by Gigaclear Limited.

An alternative route is available via Hoe Lane, Middle Street, Nazeing Common, Betts Lane and vice versa.

The Order came into effect on 17th January 2019 and may continue in force for 18 months or until the works have been completed, whichever is the earlier.

(Matching Green, High Laver)

(Temporary Prohibition of Traffic) Order 2019

Notice is hereby given that the Essex County Council intends, not less than seven days from the date of this notice, to make the above Order under Section 14(1) of the Road Traffic Regulation Act 1984.

Effect of the order: To temporarily close that length of Matching Green, High Laver in the District of Epping Forest, from a point approximately 150m west of its junction with Watery Lane for a distance of approximately 60m in a westerly direction. The closure is scheduled to commence on 11th February 2019 for 2 days, or where stated on a valid permit (MX044285438400 - Affinity Water). The scheduled dates may vary for these works with appropriate signs showing and/or displayed on www.roadworks.org. The closure is required for the safety of the public and workforce while new water connection works are undertaken by Affinity Water.

An alternative route is available via Matching Green, Watery Lane and vice versa. The Order will come into effect on 31st January 2019 and may continue in force for 18 months or until the works have been completed, whichever is the earlier.

(Various Roads, District of Harlow) (Temporary Prohibition of Traffic & Clearway) (No.1) Order 2019

Notice is hereby given that the Essex County Council intends, not less than seven days from the date of this notice to make the above Order under section 14(1) of the Road Traffic Regulation Act 1984.

Effect of the order:

1. To temporarily close the various lengths of road in the District of Harlow as specified in the schedule to this Order.
2. A temporary 'No Stopping' restriction will be introduced on both sides of carriageway on the above lengths of roads for the duration of the closure to facilitate the works. Signs will be installed indicating when the No Stopping restriction will be in force.

"The District of Harlow (On Street) (Waiting, Loading and Parking) (Consolidation) Order 2011" will be temporarily amended to include the temporary 'No Stopping at Any Time' restriction and suspend any existing parking and waiting restrictions on the above lengths of roads only. All other restrictions and exemptions contained in the aforementioned Order and Amendments to that Order shall remain in force.

The works being undertaken will take place within an 18-month period from 31st January 2019, exact dates will be specified on <http://roadworks.org/>. The roads will be closed to facilitate each phase and then re-opened to the public. Access will be maintained for emergency services. Diversion routes will be signed at each location and residents will be informed of the dates of each phase via letter / leaflet drop and advanced warning signs on the road.

For all enquiries please contact our Contact Centre on 0345 603 7631.

The Order will come into effect on 31st January 2019 and may continue in force for 18 months or until the works have been completed, whichever is the earlier.

Schedule

Road

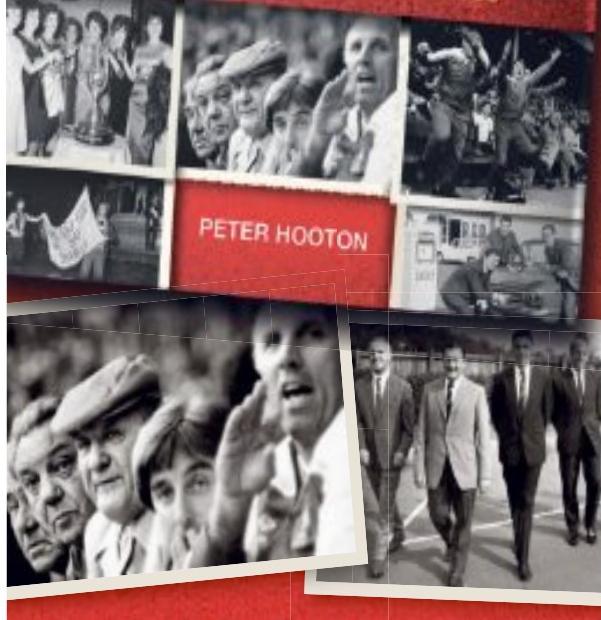
Road	Description	Schedule	Alternative Route
Back Lane, Sheering	from its junction with Sheering Lower Road to its junction with The Street, a distance of approximately 1335m		The Street, Sheering Road, Sheering Lower Road and vice versa

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Hawks beaten by Wanderers

HARLOW Town made a real fight of it but came away empty handed as they lost out 5-3 to second placed Dorking Wanderers at Meadowbank on Saturday.

The hosts had to come back from being behind after taking an eighth minute lead through Tom Richards.

Matt Foy equalised after 21 minutes and six minutes after half-time, Emile Akuah put the Hawks in front.

Dorking's David Ray levelled five minutes later, but Foy restored the Hawks' lead with his second on 70 minutes.

Ray pulled Dorking back on terms again nine minutes later and then substitute Matt Briggs and Luke Moore sealed the victory with goals right at the death.

This Saturday Harlow host third placed Lewes.

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Members of Harlow Gymnastics Club

More medal success for gymnastics club

A TEAM of boys from Harlow Gymnastics Club shone at the East Regional Men's finals in Ipswich.

Thirteen-year-old Harry Ferguson finished in top spot in the U16 event after achieving gold medals for vault and horizontal bar, silver on floor and bronze on rings.

Just behind in second position, Daniel Capodici (13) won silver on parallel bars and bronze on horizontal bar.

Mark Hall student Mateo Reynald-Abad (13) scooped the silver medal on the horizontal bar to finish in third and there was a bronze medal on rings for 16-year-old Kieran McMahon, who finished in fifth position overall.

Mitchell March (15) a pupil at Burnt Mill, finished in seventh overall after winning silver on rings. Stanley Broughton (13) and George Franks (12) finished in 11th and 12th

position respectively in the same event.

There was further medal joy in the U12 event for Hrissian Gunov, Elliot Buck and Harrison March.

Eleven-year-old Burnt Mill student Gunov was second overall after picking up gold on floor and vault, as well as bronze on rings, parallel bar and horizontal bar.

Buck (ten) won silver medals on rings, parallel bar and horizontal bar along with bronze on floor, finishing in third overall.

Close behind in fourth, Burnt Mill student Harrison March (12) won bronze on vault.

Meanwhile, in the U10 event, Louis Tarplett (nine) finished in an impressive fourth place out of 55 competitors and picked up silver on the parallel bar.

Not to be outdone, the girls achieved great results over in Col-

chester at the Essex County Recreational Grades competition.

In the age eight/nine grade two competition, Sylvie Rowe finished fourth overall and was first on vault, fourth on beam and fifth on floor.

In the grade six event Elana Dumitriu (12) finished third on floor to take ninth place overall.

Kira Henson (ten) and Emily Price (11) placed 21st and 33rd overall respectively in the grade five event.

Yasmine Thong was seventh overall after taking second on bars and fourth on vault in the age 11 grade four event, with Lucie McIntyre placing third on beam, fifth on floor, sixth on vault and eighth overall.

Skye Girolami was third on bars to finish ninth overall in the same event.

Ellie Aimable (10), Zsofia Ojimba (ten) and Ellie Senior (10) placed 12th, 13th and 15th overall in the

grade 4 age nine/ten event.

In the grade four age 12 event, Yasmin Akram (12) was on floor and ninth overall, while in the grade three age eight/nine event Emily Pask (nine) finished in 11th position overall after placing sixth on bars.

Her twin sister, Harriet (nine) was second on bars to finish in 12th position overall.

Mia Taruvunga (nine) finished 14th overall, with team-mate Missy Poole (nine) taking 16th overall after placing sixth on vault.

Syndi Barker was fifth overall in the grade 3 age ten event after placing third on both bars and floor. Charlotte Smith (ten) was sixth on floor to finish in 11th place overall, while Elizabeth Chung (ten) was sixth on bars and 15th overall.

Brooke Hayzelden (ten) and Bobbi Burns (ten) were 18th and 24th respectively.

Westley is first back for Harlow in his 15 mile debut

HARLOW Running Club members training for a spring marathon competed in the challenging Benfleet 15 mile multi-terrain race on a cold Sunday morning.

First home was Martyn Westley, in his debut at the distance, finishing in 17th place out of 824 finishers in an excellent time of 1hr 41min 57sec.

He was followed by Rich Hynes

27th in 1:44:57, Martin Coulter 80th in 1:53:09(personal best), Carinne Jay 210th and third female Vet 45 in 2:08:07(PB), John Bull 247th in 2:11:00, Paul Schroder 332nd in 2:17:59 (PB), Andy Kitson 333rd in 2:17:59, Kerry Mavris 374th in 2:21:15 (PB), Laura Prime 497th in 2:31:45, Debbie Smith 536th in 2:35:42, Janice Page 554th in 2:37:29, Wendy Schroder 570th in

2:38: 52 (PB), Pasquale Pellecchia 666th in 2:50:25, Jane Evans 685th in 2:53:11, Susan Maloney 701st in 2:55:11, Karen Moir 718th in 2:56:56 and Alison Bull 764th in 3:08:19.

Meanwhile, at the Fred Hughes 10 Mile race at St Albans, Colin Moody finished in 301st out of 840 runners in 1:19:42 and Dave Goosetree was 498th in 1:29:00 (PB).

At the Windsor 15k at Dorney Lake, Louise Peacock finished in 25th place out of 30 finishers in 1:38:11 and Lindsey was 26th in 1:38:12.

Colin Baker finished in 5th place out of 277 finishers at the Harlow parkrun in 20:50. He was followed home by Andy Terrell sixth in 20:55, Ryan Smith seventh in 21:00 and Andy Kitson eighth in 21:02.

